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**RED PEPPER SOUP**
FEND OFF THE COLD WITH THIS HEARTY RECIPE {page 20}

# THE MENTALIST
SIMON BARKER TALKS GREED, MORALITY {page 13}

LONDON metro®
Monday, November 14, 2011
www.metronews.ca
News worth sharing.

# Bringing in the big guns

**Santa parade organizers planning different approach to next year's event Nearly 11,700 pounds of food collected for the London Food Bank during Saturday's procession**

MIKE ARSENAULT
LONDON@METRONEWS.CA

Santa Claus is going pro in the Forest City.

The lack of a title sponsor forced this year's event to be scaled back, so organizers plan to turn their search for a donor over to the professionals.

"We are going to hire a fundraiser — a person who is a professional in that area," parade co-chairman Shaun Merton said yesterday. "There's only eight of us on the committee and none of us are fundraisers. We have to get someone professional to do it to keep our show (the way it is)."

Merton estimates that $50,000 is needed to run the parade. The person hired to bring in the big bucks will receive a percentage of the money they are able to raise, Merton said.

The parade Londoners took in Saturday evening was a far cry from the one organizers had initially planned.

"We were down to six bands. I had to cut two, and I cut back on the live entertainment drastically," Merton said.

ANGELA MULLINS/METRO

▶ The jolly old elf himself waves to the crowd Saturday during the London Santa Claus Parade. Funding concerns got organizers to scale back the number of performers in this year's lineup, but the parade still featured a little bit of everything from toy soldiers on stilts to livestock adorned with jingling bells.

Poppy boxes

## Twist in donation thefts

Unlikely suspect charged in theft of poppy-donation boxes
Community gives more than $10,000 {page 3}

## Angry at the U.K.

Argentina condemns Prince William's new post {page 8}

## Making the city better

Those trying to make London a city worth living in to be honoured {page 2}

1 news

A study finds a blood thinner could reduce repeat occurrences of heart problems, but that the tradeoff is greater risk of serious bleeding. Scan code for story

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**On the web at metronews.ca**

**The Kandahar cenotaph bearing the names and likenesses of fallen Canadian soldiers is coming home. Video at metronews.ca/video**

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**Boys & Girls.** Club

▶ Misty Chrisjohn, left, slaps hands with her sister, Bobbi Chrisjohn, both 8 and of London, yesterday during the Boys & Girls Club's Koats for Kids event. The girls tried on several colour combinations before picking the jackets pictured above. The weekend giveaway also included other winter clothing like mittens, boots, scarves, hats and snow pants. Thousands of items were donated from businesses and individuals.

MIKE ARSENAULT/FOR METRO

## Getting bundled up for winter with Koats for Kids event

# Group to highlight the good

### Fifth annual innovation awards about proving anyone can make a difference ◐ Highlighted community work ranges from pet-adoption event to neighbourhood improvement

ANGELA MULLINS
@METRONEWS.CA

Tons of goodness will be on display this week as the Pillar Nonprofit Network recognizes those who are trying to make London a better place to live.

The network's Community Innovation Awards will be handed out from 6:30 to 9:30 p.m. tomorrow at the London Convention Centre. During the ceremony, people will get a look at what this year's finalists have been doing to make the city a bit more vibrant.

"It's about telling stories … and inspiring other people" to take action, said Michelle Baldwin, executive director of Pillar, an umbrella group representing nearly 300 nonprofit agencies. "It's great to see that everyone has a role they can play."

The awards are doled out in four categories: community innovation, community leadership, community impact and community collaboration. A selection committee has narrowed the submissions in each field to four finalists that run the gamut from people involved in public projects to those who have been working quietly behind the scenes for years.

Such a wide array of nominees helps make the awards a true reflection of what's happening in the city, Baldwin said.

"Really, everyone comes out of it feeling like they're a winner."

**Finalists**

- My Sisters' Place
- Westminster Working Group
- Youth Opportunities Unlimited
- John DeActis, work with youths and families
- Larry Myny, all-around volunteer
- Nancy Needham, South London Neighbourhood Resource Centre
- Fred Benenati, Albert Choy and Tom Partalas, community soccer program
- London Coffee House
- Michelle Boyce, LGBT activist
- Home at Last, affordable homeownership
- 1,000 Acts of Kindness Challenge
- Pawlooza

Tickets for the awards ceremony are $50 for Pillar members and $65 for non-members. They are available at pillarnonprofit.ca or by calling 519-433-7876.

## Suspect sought in pharmacy robbery

Police are looking for a man responsible for a Friday robbery at a Wortley Road pharmacy.

Officers were called to Pharmasave shortly before 12:30 p.m. after a man with his face covered brandished a knife and demanded products. The suspect is described as white, five-foot-eight and in his early 20s. He last was seen wearing a red sweater with a hood, a black jacket and grey sweatpants. AM980/AM980.CA

## Man dies after vehicle hits tree

A 56-year-old man was killed in a single-vehicle crash Friday north of London. The man was travelling on Wonderland Road when he veered off the road and hit a tree. AM980/AM980.CA

## Fiery highway 401 crash leaves one dead

A fiery Saturday crash involving three tractor-trailers on Highway 401 near Guelph left one person dead and sent another to hospital with minor injuries.

Ontario Provincial Police said a tractor-trailer rear-ended another tractor-trailer about 3 a.m. in the eastbound lanes near Highway 6 South. One of the trucks then hit a third tractor-trailer and burst into flames. THE CANADIAN PRESS

# Kin charged in poppy-box theft

Police have charged an unlikely suspect in the theft of poppy donation boxes from the Canadian Corps Veterans Association.

Kenneth Maudsley, 22, of London — the son of the association's president — is charged with two counts of break, enter and theft. News of his arrest broke Friday as people across the city gathered for Remembrance Day observances.

Police have said eight donation boxes were reported stolen Nov. 6 after someone broke a window and gained access to the association's Dundas Street office. The community rallied in the aftermath, donating more than $10,000 to make up for what was stolen.

In a separate investigation, London police are continuing to look for another man wanted in connection with the theft of four poppy donation boxes. Those thefts happened between Wednesday and Friday.

The suspect is described as white, 40 to 50 years old, six feet and 180 pounds. He has scars on the left side of his chin.

Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers at 800-222-8477. METRO

▶ Surveillance image of a man sought in relation to thefts of poppy donation boxes.

# Occupy London has come to a crossroad

## Participants still meeting in Victoria Park but are seeking a permanent, indoor meeting place

MIKE ARSENAULT
LONDON@METRONEWS.CA

ANGELA MULLINS/METRO

▶ Members of the Occupy London movement prepare for a Saturday-afternoon march that took them from Victoria Park through downtown streets.

**Ethically speaking**

- With the Occupy London movement dominating local news over the past few weeks, Rev. Kevin Dixon, dean of St. Paul's Cathedral, organized an Ethics of Protest forum yesterday to discuss the role of civil disobedience in democracy.
- "The most helpful thing was the emphasis from the panel on the necessity to create space for protest," Dixon said. "Where (can) there be any voice of protest? They can't be on public ground. They can't be on private property."

Members of the Occupy London movement have softened their stance on working with the city.

After staunchly rejecting former MP Glen Pearson's offer to work as a liaison between the group and the city, the protesters decided Saturday to accept him as an "individual" and someone contributing to general-assembly meetings.

The decision came a few hours after members of the group gathered at Victoria Park and marched through downtown streets. Many remain angry with city officials for tearing down their tent city in the park on Wednesday. Some say their personal property was destroyed.

Pearson, who operates the London Food Bank, said he went to the meeting after the city asked him to.

"The city said, 'We will help them with resources, we'll give policy people, provide a place for people to meet and, Glen, you offer that,'" Pearson said yesterday.

He said Friday's meeting "was emotional at times because … some of the personal comments that were made were actually pretty hurtful."

# Knights win despite loss of players

Four London Knights have been suspended after a brawl following the team's Friday-night loss at the John Labatt Centre.

Jared Knight, Matt Rupert, and Scott Harrington were handed two-game suspensions. Ryan Rupert, who started the fisticuffs with a two-handed slash to the midsection of Sault Ste. Marie's Nick Cousins, has been suspended indefinitely. He landed the blow as time expired.

The loss to the Greyhounds marked only the Knights' third defeat in regulation. Scoring in the defeat were Vladislav Namestnikov (2G), and Seth Griffith (1G, 1 A).

On Saturday, London beat the Erie Otters 4-1. Leading the offensive attack was Namestnikov (2G, 1A), Dane Fox and Josh Anderson.

The Knights' record stands at 16-3-0-1, still good for first place in the OHL. MIKE ARSENAULT

CONTRIBUTED

▶ Ryan Rupert

# Lightning suffer first loss of the season

The London Lightning thoroughly outplayed the Saint John Mill Rats for 12 minutes — outscoring their opponents 26-9 in the second quarter — yesterday afternoon at the John Labatt Centre.

Unfortunately, National Basketball League of Canada games are 48 minutes long and the Lightning couldn't maintain their second-quarter prowess. They fell to the Mill Rats 96-86.

It was the Lightning's first loss of the season, but the team remains at the top of the league standings, a half-game ahead of the Summerside Storm.

London (4-1) was paced offensively by guard DeAnthony Bowden who led all scorers with 26 points. Forward Gabe Freeman added a double-double with 12 points and 11 rebounds. METRO

ASSAULT AND ROBBERY

## Cops seek robbery suspects

A man received minor injuries during a Saturday robbery on Third Street near Dundas Street.

Police said the victim was walking at about 10:50 p.m. when two men approached him and began a conversation. As the victim tried to walk away, he was forced to the ground and assaulted. He was robbed as the suspects left the scene, police said.

The suspects are described as white and in their early to mid-20s. One is about five-foot-five and 135 pounds and was wearing a baseball hat and loose-fitting clothes. The other man is about six feet tall and was wearing a brown winter coat.

Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers at 800-222-8477. METRO

## News in brief

### Shining a light on woman abuse

**PURPLE.** The London Abused Women's Centre is asking people to dig out their purple duds tomorrow as a show of support for Shine the Light on Woman Abuse campaign.

Campaign merchandise is available at the centre and during campaign events. Observances planned tomorrow include coffee at William's Coffee Pub, Southdale and Wonderland roads from 9 to 11 a.m. and purple pedicures from 9 a.m. to 4 p.m. at Artistic Spa, 191 Central Ave. More details are available at lawc.on.ca/shinethelight. METRO

### Environmental author speaks

**SEA SICK.** The Thames Talbot Land Trust is sponsoring a presentation tomorrow by Alanna Mitchell, a Canadian journalist and author.

Mitchell will talk from 7 to 9 p.m. at the Wolf Performance Hall about Sea Sick: The Global Ocean in Crisis, her most recent book, which earned Mitchell the Grantham Prize for excellence in environmental journalism. METRO

### Don't miss your chance

**CASH.** The deadline for the Win A Million Lottery's early-bird drawings is midnight Nov. 22. METRO

# Woman fights for right to die

## Opponents fear abuse by people who stand to gain from death

It's been nearly 20 years since Canada's laws on assisted suicide have been challenged by a terminally ill person, and now a similar right-to-die case has thrust the issue back into the spotlight.

Today, lawyers for Gloria Taylor, 63, will be in B.C. Supreme Court to argue against laws that make it a criminal offence to help seriously ill people end their lives.

In August, the Farewell Foundation lost its court battle to have the laws changed because its plaintiffs were anonymous, but in a separate case, Judge Lynn Smith agreed to fast-track a trial for Taylor, who wants a doctor-assisted suicide.

HANDOUT/THE CANADIAN PRESS

▶ Gloria Taylor

She suffers from ALS, or Lou Gehrig's disease, an incurable illness that gradually weakens and degenerates muscles to the point of paralysis.

In Canada, it's illegal to counsel, aid or abet a person to commit suicide, and the offence carries a maximum punishment of 14 years in prison.

THE CANADIAN PRESS

**Resort.** Blaze

▶ Mike and Nancy Rogers pose for wedding photographer Nicholas Augustus as White Point Beach Resort's main lodge burns in the background on Saturday in Nova Scotia. There were no injuries, with staff and guests — including several kids' hockey teams — getting out safely after the fire was detected.

NICHOLAS AUGUSTUS/THE CANADIAN PRESS

## Nova Scotia wedding takes place despite fire at lodge

**Nancy Rogers was lacing up her wedding dress when word came of a fire spreading through the White Point Beach Resort lodge where she was to be married. Even though flames were shooting 20 metres into the air, Rogers and her fiancé, Michael, decided to plow ahead with the ceremony, with staff at the Nova Scotia resort moving the wedding to another building. She said it wasn't until after the ceremony that she realized how bad the fire was and that all of her wedding gifts and flowers had been destroyed. "It was completely engulfed and everything was up in flames," she said. "We lost all of that stuff, but that's not important to us. We got the most important things."**

# Vancouver cops say they don't want rioters let off easy

PHYLICIA TORREVILLAS
IN VANCOUVER

Vancouver police Chief Jim Chu reaffirmed his force's initial decision not to rush charges against Stanley Cup rioters after an 18-year-old linked to the riot received an absolute discharge.

Karanvir Singh Saran was arrested just one day after the Canucks' loss to the Boston Bruins of the Stanley Cup final by Surrey RCMP and charged for possession of stolen property.

He pleaded guilty Nov. 2 in the Surrey provincial court for possessing clothing stolen from a store during the June 15 riot. Saran was given an absolute discharge, which means he will not have a criminal record. Surrey RCMP led the investigation and made the arrest, which was independent of the Integrated Riot Investigation Team's investigation.

Chu said the absolute discharge supports the force's decision to take its time with the investigations.

"This reaffirms what we have said from the start: It's crucial that we take our time to gather and process evidence to help support the greatest number of convictions with the most severe penalties," Chu said in a statement.

RICH LAM/GETTY IMAGES

▶ Police ride through the street past a fire on June 15 in Vancouver.

## 50-carat diamond up for grabs

A rare 50-carat diamond is up for grabs in Toronto.

The round diamond, valued at $10 million, will be auctioned off this afternoon at the Royal Ontario Museum along with dozens of other pieces of jewelry.

Organizers say it's the first time such rare items are up for auction in Canada. Kashif Khan, director of the Ritchies auction house, says the sale is attracting international interest.

But he says it's hard to predict what price the diamond will fetch. The auction is scheduled to run between 2 p.m. and 4 p.m.

THE CANADIAN PRESS

RITCHIES/THE CANADIAN PRESS

▶ This diamond is valued at $10 million

# Lauder, the pink activist, dies at 75

Pink was Evelyn Lauder's colour.

In 1992, Lauder, an executive at cosmetics giant Estee Lauder Cos., the company founded by her mother-in-law, worked with her friend Alexandra Penney to create the pink ribbon campaign for breast cancer awareness.

That grew into fundraising products and congressional designation of October as Breast Cancer Awareness Month.

▶ Evelyn Lauder

Lauder died Saturday at her Manhattan home from complications of nongenetic ovarian cancer. She was 75.

THE ASSOCIATED PRESS

# Weighing in on Solutions to the Obesity Problem

## Amid a constant barrage of new diets and weight loss plans, people with excess weight continue to struggle.

Obesity is a worldwide epidemic with an estimated one billion adults being considered overweight or obese. Canada's most recent health statistics mirror that of other developed nations with 25% of adults found to be obese. Obesity is affecting men, women, and even children. It's a risk factor for other health conditions including heart disease, high blood pressure and type 2 diabetes.

At first glance, the main cause of this problem is excess calorie intake. We simply eat too much without burning off the extra calories. To combat this energy imbalance, weight loss can be achieved through diet and exercise programs.

Despite their on-going popularity, diet plans only help people lose weight in the short term. According to scientific research, less than 5% of dieters lose weight and maintain their weight loss for more than five years. In the long run, nothing changes and a relapse into old eating habits or inactivity eventually occurs.

Not only do diets not work, they can be counterproductive and damaging to a person's health and emotional wellbeing. Being on a diet often causes people to become preoccupied with food. Dieting can cause the body to go into "starvation mode", slowing down the metabolism because it thinks it will run out of food soon. It also sets up a cycle of overindulgence on forbidden foods, and feelings of guilt.

The diet mentality is so powerful it can cause thin people to gain weight once they've been put on a diet. One study found that dieting caused formerly diet-free people to have more cravings and frequent thoughts about food. After losing ten pounds, they promptly gained it all back plus an additional five pounds. The extra weight was harder to lose because the restriction in food intake had slowed their metabolism.

Many people find themselves looking for a weight loss solution that doesn't hinder their lifestyle or impose limits on the number of calories consumed. Contrary to popular belief, this is not impossible! Weight loss surgery may be the solution you have been looking for.

Until recently, weight loss surgery has been seen as a last resort. However, with the improved long-term success rate of procedures like the Slimband® adjustable gastric band, this perception is changing.

The Slimband® program typically results in up to 72% of excess weight being lost within the first 24 months. The procedure is a minimally-invasive, 20-minute operation in which a band is placed around the top part of the stomach to create a small pouch. Weight loss is maintained through permanent lifestyle changes with the band acting in the form of "built-in portion control" to help people feel full on less food.

The benefits of the Slimband® weight loss surgery procedure go far beyond a stunning physical transformation. Many people who lose weight with Slimband® have improved self-esteem, increased energy levels and elimination of many weight–related medical conditions.

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The Slimband® is a fully reversible 20-minute procedure that's clinically proven* as an effective way to lose weight and keep it off for good.

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**1-800-700-7373**

*Gastric banding results in an average of 58% excess weight loss within the first three years and patients continue to maintain their weight loss even up to seven years later. (Niville E et al. A mid-term Experience with the Cousin Bioring - Adjustable Gastric Band. Obes Surg 2011; May 5. [EPub])

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Actual Slimband® Patient
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# Egyptian blogger taken into custody

Egypt's military ordered a prominent blogger to be held in custody for 15 more days yesterday in a move likely to focus criticism against the country's ruling generals in the run-up to parliamentary elections, due to begin later this month.

The detention of Alaa Abdel-Fattah, a well known blogger and leader during the 18-day uprising that ousted President Hosni Mubarak in February, has elicited international condemnation and galvanized those who accuse the army of using Mubarak-era tactics to smear critics.

His family has used his case to draw attention to the 12,000 Egyptians who have faced military trials this year — one of the key issues that have brought relations between activists and the military to a new low.

Protesters welcomed Egypt's army when it deployed in the streets during the uprising and praised it for not firing on demonstrators. Months later, however, some fear that the Supreme Council of the Armed Forces, which took control after Mubarak's fall, will not willingly give up power to a civilian authority. Others accuse the military of reviving hated practices of the Mubarak era.

THE ASSOCIATED PRESS

## Family history

▶ The blogger's father, Ahmed Seif al-Islam, spent five years in the same prison complex that now holds his son. The father was jailed for underground organizing against the Mubarak regime during the 1980s.

▶ His mother, Laila Soueif, a mathematics professor and longtime campaigner for academic freedom, said that yesterday marked her eighth day without food to protest her son's arrest. She vows to continue until he's free.

## World in brief

### Israel limits funding

**JERUSALEM.** Senior Israeli cabinet ministers took a significant step yesterday toward curbing foreign funding for political not-for-profit organizations, a measure that opponents see as trying to muzzle dovish groups critical of the government.

The Ministerial Committee for Legislation approved a bill that would limit donations by foreign governments or international bodies such as the United Nations or European Union.

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### Hamas being targeted

**GAZA.** Weeks after a new round of fighting with Gaza militants subsided, a senior Israeli military official said yesterday that Israel is ready and able to topple the territory's Hamas government, though it has no immediate plans to do so.

The official also said Gaza militants now have rockets capable of striking Tel Aviv, Israel's cultural and business hub.

THE ASSOCIATED PRESS

### No trial in sensitive case

**SWITZERLAND.** Swiss prosecutors will opt to avoid a public trial for three Swiss men suspected of giving nuclear-weapons technology and supplies to a rogue network in Pakistan, a newspaper reported yesterday.

The case is politically sensitive for Switzerland and the United States because of alleged national-security implications

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FELIPE DANA/THE ASSOCIATED PRESS

▶ People watch police officers ride past in the shovel of a bulldozer in the Rocinha slum in Rio de Janeiro. Elite police units backed by armoured military vehicles and helicopters invaded the largest slum in this seaside Olympic city early yesterday.

# Soldiers move in on Brazilian shantytown

**Operation part of effort to improve country's image ahead of 2014 World Cup and 2016 Olympics ◐ Took police 90 minutes to gain control**

More than 3,000 police and soldiers backed by armoured personnel carriers raced into Brazil's biggest slum before dawn yesterday, quickly gaining control of a shantytown ruled for decades by a heavily armed drug gang.

"We're taking back this territory for the 100,000 citizens of Rocinha, people who have needed peace," said Sergio Cabral, governor of Rio de Janeiro state.

The action in Rocinha is part of a campaign to drive the drug gangs out of the city's slums, where the traffickers often rule unchallenged. The city of Rio de Janeiro has more than 1,000 shantytowns where about one-third of its six million people live.

Police simultaneously overran the neighbouring Vidigal slum, also previously dominated by the drug gang Friends of Friends.

Both slums sit between two of Rio's richest neighbourhoods, and Rocinha's ramshackle shacks climb a mountainside covered in Atlantic rain forest. Police methodically cleared alleys and streets on their way up steep, winding roads.

Huey helicopters continued to pound the air above, crisscrossing the hill and flying low over the jungle surrounding the slum, as police hunted down suspects who may have fled into the forest. By midday, local outlets reported just one arrest, though that couldn't be independently confirmed.

Residents peeked out their windows and stared as the massive armoured carriers blasted up streets. Rifle-toting officers from the BOPE police units, made famous by two "Elite Squad" films, trained their weapons down narrow corridors.

One resident applauded the police invasion. "Tell the world we're not all drug traffickers! We're working people and now they're coming to liberate us," a man yelled as police rolled by.

Officials are now calling on the shantytown's residents to help law enforcement find drugs and weapons hidden in the community. The head of Rio's civil police, Marta Rocha, made a special appeal to the "mothers, sisters, grandmothers, aunts" to collaborate with the peacekeeping effort.

THE ASSOCIATED PRESS

## Leader's house

▶ Down a side alleyway, police discovered a house they said belonged to the No. 2 gang leader, Sandro Luiz de Paula Amorim, known as "Peixe," who was captured by police a few days earlier as they circled Rocinha with roadblocks.

▶ In stark contrast to the impoverished shacks around it, Amorim's three-storey home was outfitted with a large whirlpool bath, swimming pool, massive aquarium, high-definition TV and just one book: the ancient Chinese military text Art of War.

# Showdown in Portland

**Occupy protesters in Oregon city defy eviction notice, flock to campsite Police move in to clear space**

NATALIE BEHRING/GETTY IMAGES

▶ A man is arrested for throwing something at a police officer at Occupy Portland yesterday.

In a tense escalation of the Occupy Portland protest, police in riot gear yesterday surrounded demonstrators in a downtown park area after hundreds of people defied the mayor's order to leave the park by midnight.

By early afternoon, officers had mostly surrounded the camp where the protesters were holding a "general assembly" meeting to discuss their next moves following the eviction order.

Some officers used nightsticks to push people away from the encampment and used loudspeakers to warn that anyone who resisted risked arrest and "may also be subject to chemical agents and impact weapons." Demonstrators chanted "we are a peaceful protest."

Police could be seen carrying at least one protester away from the park. Another man was taken away on a stretcher; he was alert and talking to paramedics, and raised a peace sign to fellow protesters, who responded with cheers.

Portland Mayor Sam Adams had ordered the camp shut down Saturday at midnight, citing unhealthy conditions and the encampment's attraction of drug users and thieves.

THE ASSOCIATED PRESS

### Camp problems

**Police in riot gear surrounded protesters in a downtown park area after hundreds refused to leave.**

- **Mayor Sam Adams had** ordered the camp shut down over the weekend.
- **Yesterday at an impromptu** news conference, he defended his order, saying it is his job to enforce the law and keep the peace. "This is not a game," he said.
- **He also noted that** enacting the eviction order may require more patience.

## News in brief

### Hackers threaten T.O.

**TORONTO.** The hacker group Anonymous is standing up for Toronto's Occupy movement.

In a video released on YouTube, the group threatens to launch a cyber attack on the city if officials interfere with the month-long demonstration.

Mayor Rob Ford asked the occupiers this week to dismantle their tent city in St. James Park.

A few protesters tried to set up a new base in the park behind the Ontario legislature this weekend, but their efforts cut short.

Police shut down the fledgling camp Saturday night and brought the demonstrators back to the original site.

METRO

### Coroner: OD killed protester

**VANCOUVER.** Ashlie Gough was dead for several hours before fellow Occupy Vancouver protesters found her body, the B.C. Coroner's Service declared yesterday.

The 23-year-old Victoria woman died from a lethal mixture of cocaine and heroin in her system.

Gough was found unresponsive in one of the Occupy Vancouver tents at 4:40 p.m. on Nov. 5.

MATT KIELTYKA IN VANCOUVER

### Occupy Nova Scotia to stay

**HALIFAX.** Occupy Nova Scotia protesters say they will continue their protest even after this weekend's eviction from HRM parks and subsequent string of arrests.

METRO

# The music behind the Occupy movement

The sound of insistent drumming bounces off the sides of nearby office towers announcing the location of the Occupy Wall Street home base long before its inhabitants are otherwise seen or heard.

Turn a corner in Zuccotti Park and you're likely to run into a drum circle or find someone strumming a guitar. Maybe it's an amateur trying to keep spirits up, or it could be the real deal — recording artists such as David Crosby and Graham Nash.

Music and musicians are woven into the fabric of the Occupy Wall Street protest, much as they were in movements, confrontations and protests of the past, from the American Revolution to the Vietnam War. But no defining anthem such as We Shall Overcome or Which Side Are You On has yet emerged for the protesters.

**"Every successful progressive social movement has a great soundtrack."**
SINGER TOM MORELLO

"The soundtrack (for Occupy Wall Street) is just as democratic and grassroots as the movement," said singer Tom Morello, who was given an MTV online music award for his performance of The Fabled City at Zuccotti Park last month. A clip of the performance has spread widely online.

If Occupy Wall Street has no anthem yet, it's partly due to how a new generation experiences music: through personalized iPod playlists streaming through headphones instead of communal singalongs.

True to a movement that claims to speak for the 99 per cent of Americans who aren't super-rich, Occupy Wall Street embraces many forms of expression. Musicians across several generations and styles have given their support.

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# U.K. defends William's posting

## Angry Argentine official says sending royal to Falkland Islands is a provocative act Prince to stay on British outpost for six weeks

British officials yesterday defended the deployment of Prince William to the Falkland Islands, after Argentina reportedly condemned the move as a provocative act.

The Defence Ministry announced this week that the 29-year-old prince, a Royal Air Force search-and-rescue pilot, will be posted to the British outpost for six weeks next year.

The deployment — which will come shortly before the 30th anniversary of Argentina's defeat in the Falklands War — appeared to anger some Argentines.

An Argentine official, Sebastian Brugo Marco, told the paper La Nacion the move was a "provocative act."

But Britain's chief of armed forces, David Richards insisted yesterday that it "wasn't and isn't designed to be" that way.

"Prince William, along with his brother Prince Harry, is a regular member of the armed forces, and they do their stint in the roster that comes all our ways," Richards told Sky News.

Officials said William's posting is a normal part of his training and that he would not undertake any ceremonial royal duties during the deployment. His wife, Kate, the Duchess of Cambridge, will remain in Britain.

William, the second in line to the throne, will begin the deployment in February.

His uncle, Prince Andrew, served in the Falklands conflict as a Sea King helicopter pilot.

THE ASSOCIATED PRESS

### War in 1982

- Britain has ruled the Falklands, which lie 460 kilometres east of Argentina's coast, for more than 180 years, but Argentina claims sovereignty over the islands, which it calls Las Malvinas. The two countries fought a brief war over the islands in 1982.
- Britain still maintains about 1,000 troops in the territory, which is home to about 3,000 people.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

▶ Prince William, Duke of Cambridge, left, and the Duke of Edinburgh stand during the service of remembrance at the Cenotaph in Whitehall, London, yesterday. The Queen and other senior members of the royal family were leading the annual Remembrance Day ceremony in central London to honour the nation's war dead.

RYAN REMIORZ/THE CANADIAN PRESS

# Afghan cenotaph coming home

▶ Canadian Forces engineers pack away commemorative plaques as they dismantle the Canadian War Memorial at Kandahar Airfield in Afghanistan on Saturday.

## Names, likeness of the fallen

Soldiers at Kandahar Airfield are taking apart the white marble cenotaph that bears the names and likenesses of the Canadians who have lost their lives as part of the mission in Afghanistan.

The cenotaph has long been a sombre fixture at the airfield.

**"It's a sense of profound pride that these soldiers are taking this apart and having the opportunity to repatriate some of the faces and names of our 158 fallen."**

LT.-COL. MARK FLINT, WHO LEADS THE TEAM OF ENGINEERS WHO ARE PACKING UP THE CENOTAPH

## Erecting new monument

The Defence Department has said it plans to erect a new monument in the Ottawa area. One spot the military is apparently considering is Beechwood Cemetery in the city's east end, which is already home to the national military cemetery where many veterans are buried.

## A piece to stay on temporarily

One piece of the monument won't return home just yet.

A jagged chunk of rock will be sent back to Kabul. There, it will function as a temporary memorial for the Canadian soldiers who continue to serve as part of the NATO training mission.

**158**

**A team of engineers is packing up the 158 black granite etchings of every Canadian killed as part of the Afghan mission. The plaques and the marble structure will be shipped back to Canada.**

### Time to leave

- The Canadian Forces have taken down more than 200 structures at Kandahar Airfield and moved 1,800 sea containers and close to 1,000 vehicles.
- The military expects to be completely out of Kandahar Airfield by mid-December.

THE CANADIAN PRESS

# ‘Super Mario’ Monti takes the helm in Italy

## He must now prevent debt default that could tear apart the eurozone and plunge it back into recession

Economist Mario Monti accepted the monumental task yesterday of trying to form a new government that can rescue Italy from financial ruin.

His selection came a day after Silvio Berlusconi reluctantly resigned as prime minister, bowing out after world markets pummelled Italy’s borrowing ability, reflecting a loss of faith in his leadership. Berlusconi quit after the Italian parliament approved new reform measures demanded by the European Union and central bank officials. But even those are not considered enough to right Italy’s ailing economy.

“There is an emergency, but we can overcome it with a common effort,” Monti told the nation.

“In a moment of particular difficulty, Italy must win the challenge to bounce back. We must be an element of strength and not weakness in the European Union, of which we are founders,” he added.

The next Italian government needs to push through even more painful reforms and austerity measures to deal with 1.9 trillion euros in debt, about 120 per cent of the country’s economic output. Many of those debts are coming due soon: Italy has to roll over more than 300 billion euros of its debts next year alone. THE ASSOCIATED PRESS

### Next steps

- **Mario Monti, 68, is an** economics professor who earned a reputation as a tough EU competition commissioner, along with the nickname “Super Mario.”
- **He must now draw up a** cabinet, lay out his priorities and win a confidence vote in Parliament before he can lead the nation.

ANGELO CARCONI/THE ASSOCIATED PRESS

▶ A flag-waving crowd in Rome celebrates with sparkling wine on Saturday night after Silvio Berlusconi resigned as prime minister of Italy. He will be succeeded by economist Mario Monti, inset, who is charged with steering the country out of debt and bringing it back from the brink of economic crisis.

# Germany out to lure workers from EU crisis zone

Prosperous Germany has a surprising message for sinking Greece: Help Wanted.

With a shrinking labour force and buoyant economy, Germany needs skilled workers to keep its industrial engine churning and is seeking them from Greece, Spain and Portugal where unemployment is soaring.

Germany quickly overcame the financial meltdown that started in 2008 and unemployment is now at a 20-year low of 6.6 per cent. Companies are so desperate for workers that the government has taken to organizing matchmaking sessions between German firms and job seekers from crisis-hit countries.

Among them is Greek civil engineer Christos Kotanidis, who moved to Erlangen in southern Germany three months ago and quickly found work with industrial giant Siemens.

“I decided to look for a job in Germany because it has a stable economy,” he said. “In Greece the economic situation is bad now, but the future looks even worse.”

There are no hard numbers on how many professionals from Europe’s crisis zone have been hired in Germany. Immigration to Germany has shot up by 13 per cent in the past five years, and more than half of the newcomers are from the EU. THE ASSOCIATED PRESS

MANU FERNANDEZ/THE ASSOCIATED PRESS

▶ Enrique Serratosa, 22, of Barcelona, is one of many young professionals who plan to leave their crisis-ridden home countries for Germany and elsewhere.

### Bleak outlook

- **Unemployment** in Greece is at 16.7 per cent, but among young people it is even higher, at more than 42 per cent.
- **In Spain,** unemployment hovers at about 20 per cent, with more than 45 per cent of people under 25 without a job.
- **Portugal,** Italy and Ireland also have bleak employment pictures.

## Stealth-fighter maker eyes another Canadian contract

Lockheed Martin, builder of the controversial F-35 stealth fighter, plans to bid on the Conservative government’s purchase of more Hercules transports for the air force, defence and industry sources say.

But the entrance of the U.S. company into the bidding could cause more controversy. Lockheed Martin received a multibillion-dollar untendered contract for Canadian cargo planes and critics charged that the selection process was rigged. THE CANADIAN PRESS

## EV stations coming

Better Place, an Israeli-American electric-vehicle company, has secured an additional $200 million US in financing to create the world’s first network of charging stations.

New investors include General Electric Co. and UBS AG, Better Place founder and CEO Shai Agassi says. The company has raised more than $750 million US since 2007.

Production on the stations will begin in Israel and Denmark in the next few months, with plans to build a network around the world. Partner Renault is making the cars. THE ASSOCIATED PRESS

## Market moment

PRICES AS OF 5 P.M. FRIDAY

| TSX | Dollar | Oil | Natural gas | Gold |
|---|---|---|---|---|
| + 167.97 (12,276.85) | + 0.5¢ (98.76¢ US) | + $1.21 US ($98.99 US) | $3.5840 US (- 6¢ US) | $1,788.10 US (+ $28.50 US) |

# Asia-Pacific summit yields movement on trade pact

**Obama administration makes headway on free-trade bloc and better economic integration with China Initiative heralded by businesses**

Asia-Pacific leaders held their annual summit yesterday, having claimed progress on a U.S.-backed free-trade bloc that received praise from American businesses and labour, but drew a less enthusiastic response from China and Russia.

The balmy weather for the gathering at a resort on the west side of the island of Oahu contrasted with pessimism over the economic outlook expressed by many attending the summit. With Europe again on the brink of recession, Asia's vital role as a driver of global growth is gaining even greater urgency.

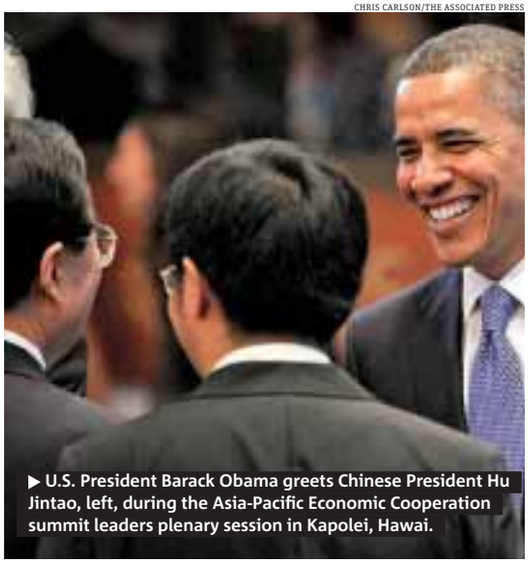
In a rare tangible achievement from the annual Asia-Pacific Economic Cooperation summit, President Barack Obama said Saturday he was optimistic that work on the American-backed trade pact, dubbed the Trans-Pacific Partnership with the U.S. and eight other countries, could result in a legal framework by next year.

For the U.S., the initiative is seen as a way to break through bottlenecks and open new business opportunities.

"An important step to unlocking global economic growth will be expanding trade in the Asia-Pacific, and the TPP holds this key," said Thomas Donohue, president of the U.S. Chamber of Commerce, an influential business lobbying group. He urged the group to move quickly in drawing up a timeline that is "comprehensive, enforceable, and makes room for new entrants."

THE ASSOCIATED PRESS

CHRIS CARLSON/THE ASSOCIATED PRESS



▶ U.S. President Barack Obama greets Chinese President Hu Jintao, left, during the Asia-Pacific Economic Cooperation summit leaders plenary session in Kapolei, Hawai.

# BIXI president resigns amid money woes

The head of the BIXI bike-rental service has announced his plans to step down. Roger Plamondon announced his decision at a company board meeting on Thursday.

A spokesman for Public Bike System Co., which overseas Montreal-based BIXI, says Plamondon's departure won't impact bike services. Michel Philibert says Quebec's order to the city of Montreal to sell off BIXI's profitable international sales arm was an important factor in Plamondon's departure.

THE ASSOCIATED PRESS

**BIXI bikes**

- **Earlier this year,** Plamondon had said Public Bike System Co. was cash-strapped and its suppliers were waiting to get paid.
- The company's bike-rental service began in Montreal in 2009 before expanding to Toronto and Ottawa. It also has international operations in New York and London, England.

**Business Purchase Seminar & Information Night**

*Everything you need to know about starting a business, franchise or purchasing an existing business*

**Time: 6:30 Registration, Drinks & Refreshments Served**

**7:00 Speakers**

**8:00 Question & Answer Session**

Speakers: David Broughton - Frannet; Rod R. Refcio – Lawyer - Robinson Refcio LLP; Paul Gregus, Senior Account Manager - Royal Bank; Christopher Cook, Chartered Accountant - blueCaribou Chartered Accountants

Please RSVP to: Rod Refcio at rrefcio@rrlaw.ca 519-858-1800 or Paul Gregus at Paul.Gregus@rbc.com 519-661-1245 on or before **November 14th, 2011.**

ROBINSON REFCIO LLP The Business of Law
blueCaribou
FRANNET
RBC

Location: **Royal Bank Building 383 Richmond Street, 13th Floor, London, Ontario**
Date: **Tuesday, November 15th, 2011**

**Dubai.** Airshow

▶ Planes perform at the Dubai Airshow yesterday in Dubai, United Arab Emirates.

THE ASSOCIATED PRESS

## Emirates places record Boeing order

**Dubai's fast-growing airline Emirates ordered 50 Boeing 777s, marking the U.S. aircraft maker's biggest-ever single order in dollar terms. Emirates and Boeing Co. valued the deal at $18 billion, though the carrier is unlikely to pay that much.**

THE FUTURE YOU CHANGE
COULD BE YOURS
1 IN 9 WOMEN WILL GET BREAST CANCER IN HER LIFETIME
Canadian Breast Cancer Foundation ONTARIO
Act now to reduce your risk of breast cancer
reduceyourbreastcancerrisk.com

# COUNT ON KINDNESS TO REALLY ADD UP

## URBAN COMPASS

JILL ELLIS
METRO LONDON

It doesn't cost anything to be kind. It takes a little bit of thought, energy and creativity, and it seems that a lot of people in London are willing to give all three.

What started out as a project to defeat hatred and promote positivity with the 1,000 Acts of Kindness has turned into a hundred times that many acts.

LUSO Community Service's third annual 1,000 Acts of Kindness campaign wrapped up last week with 104,409 kind acts, reports Meredith Fraser, the mission's originator. It began three years ago with 52,115 acts reported the first year and 56,645 the second year.

Though LUSO has been a force for good in London for three decades, starting as a support for the Portuguese community (luso means Portuguese), its current mandate as a community agency is city-wide, offering a variety of programs.

**"Kindness is universal. It's free and provides immediate feedback."**
**MEREDITH FRASER, LUSO PROGRAM CO-ORDINATOR**

Fraser came on the scene four years ago as program co-ordinator for anti-hate and anti-bias projects because of a rise in the amount of hate crimes in London. While brainstorming about how to help individuals who felt "disempowered about what they could do as one person to effect change about overwhelming problems like racism or ableism," Fraser came up with the idea. "Kindness is universal. It's free and provides immediate feedback," she explains.

To participate, participants go to 1000acts.ca to register and then record their acts of kindness.

It's the little things that can make a difference, says Fraser. She cites the story of a Grade 2 student who was driving home from school with his mom and saw another little boy standing next to a car that had been in a vehicular accident. He asked her if he could go back to the accident and take the boy some cookies to make him feel better.

Or simply holding the door open and wishing folks a good day, like the little girl who did that for 13 people in a row. Buy someone a coffee, give up your seat on the bus or let someone cut in line — it all counts.

Though October is long over, some individuals, businesses or groups will continue, especially schools. Fraser reports that Woodland Heights PS reported 15,000 acts, calling it "amazing." The number of participating schools doubled this year.

Is all this kindness making a difference? "We're getting positive feedback from businesses and organizations. Teachers are reporting changes in classroom culture. They hear kids talking about it and treating each other respectfully," says Fraser.

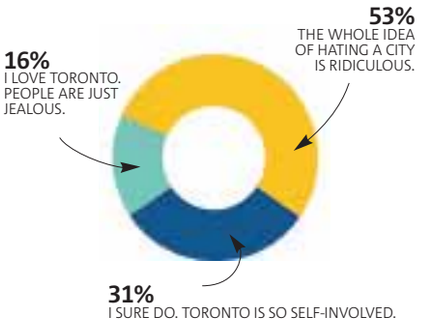
This year's campaign went international, with participants from Michigan, Missouri and California.

In the face of recent acts of rancour regarding race and gender issues here in Forest City, it seems that it's time to let kindness rule the day, the month, the year.

Metropolitan Panel

**Register at metropolitanpanel.ca and take the quick poll**

### So do you hate Toronto, too?


53%
THE WHOLE IDEA OF HATING A CITY IS RIDICULOUS.
16%
I LOVE TORONTO. PEOPLE ARE JUST JEALOUS.
31%
I SURE DO. TORONTO IS SO SELF-INVOLVED.

### Local tweets

- **@matt_thomas1:** Raking leaves. Thousands of leaves. #forestcity #ldnont
- **@christinespice:** Pulled pork Poutine with bacon was the best part of my borderline-sober night at #UWO
- **@alialkadhimi:** Whatever, we're still smarter, better looking, we party harder, have a nicer campus and have won more #yatescup #uwo western pride
- **@ShayanVEVO:** Well...at least we're not Penn State. #uwo
- **@mackenzielemire:** I'm glad some of the girls at #fanshawe are partaking in #Movember too.
- **@danielura93:** eyes too heavy to open wide. I'm merely pressing these keys in hopes i spell what i want to spell. #uwo #swellnight
- **@MadProgrammer:** Raked Leaves! Played in Leaves! Bagged the Leaves! #familyfun #ldnont
- **@ColouredPeaches:** Can the internet be any slower. 25 minutes to download a profcast. #ldnont library internet is almost as bad as #uwo's

## Worth Mentioning

**HERMAN CAIN SAYS JOKE ABOUT ANITA HILL WAS 'MEANT TO BE FUNNY.'**

U.S. Republican presidential candidate Herman Cain — facing allegations of sexual harassment — is defending a joke he made about Anita Hill.

Cain said he was approached at a recent event by a supporter who said Hill was trying to contact him.

Cain responded by asking whether Hill was going to endorse him. Hill famously accused then-Supreme Court nominee Clarence Thomas of sexual harassment.

In an appearance Friday on Fox News Channel, Cain called the supporter's comment "hilarious" and said his own reply was meant to be funny.

Four women have said Cain sexually harassed them when he led the National Restaurant Association more than a decade ago.

Some Cain backers have compared the Georgia businessman's treatment to that of Thomas, another high profile black conservative.

THE ASSOCIATED PRESS

## photo of the day

PHOTO CHALLENGE

▶ This photo titled The End, was submitted to the Photo of the Day category by bongopix from Toronto.

**Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.**

WEIRD NEWS

## Italian team tackles mafia on soccer pitch

The Italy national team trained yesterday on a pitch that was confiscated from a crime syndicate to show support for the fight against the mafia.

Cesare Prandelli's team was welcomed onto the pitch by around 1,000 spectators. The initiative was organized by Libera — an association that co-ordinates groups trying to stop organized crime.

"The fight against the mafia happens on the ground, but above all in Rome, in parliament," Libera president Luigi Ciotti said. "The real fight against the mafia is done with social policies, defending jobs, starting with those who have them.

"I invite the football federation to join Libera's network of 1,600 associations without political colours."

Calabria's 'Ndrangheta crime syndicate is today considered more powerful than the Sicilian mafia and has become one of the world's biggest cocaine traffickers.

"It's the third time we've inaugurated this pitch," Ciotti added. "Either we really put ourselves to work for change, or it will all be in vain. Change starts with each one of us."

THE ASSOCIATED PRESS

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2 scene

# Lautner's 'were'withal

**Twilight's main werewolf talks about the difficulty in translating some strange situations from the book onto the big screen Is mum on a rumoured future project with Milk filmmakers**

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

For the fourth installment of the Twilight franchise, Taylor Lautner knew he was going to be in for some pretty bizarre stuff — even for a franchise about vampires, werewolves and moody teens. His character, the werewolf Jacob, finds himself in the awkward position of "imprinting" on Renesmee, the newborn daughter of Bella (Kristen Stewart) and Edward (Robert Pattinson). "That was ... tough," Lautner admits. "Because what is imprinting? What do you look like when you imprint? I mean, those were all the questions going through my head."

For the uninitiated, imprinting is what happens when a werewolf finds his soulmate, at least in author Stephenie Meyer's world.

"Luckily we had Stephenie on set the entire time, and trust me I asked her a million times, 'OK, explain to me one more time what imprinting is exactly?' and 'What is he doing when he's imprinting?' It was very, very confusing," Lautner says.

HANDOUT

▶ Taylor Lautner says he goes back and forth with his character Jacob's persistence to be with Bella.

And filming the sequence didn't necessarily make it any clearer, unfortunately, thanks to the mechanics of the special effects. "When we filmed it, they put an X on a wall and said, 'This is Renesme. You're going to walk in the room, you're going to look at the X and you're going to imprint,'" Lautner remembers.

"And I'm like, 'Are you kidding me?' It was tough, it really was. But now after seeing the final version, I'm really happy with it. It really is a special moment, but on the day it was a leap of faith."

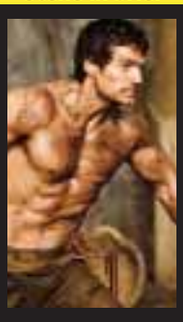
The business with the baby was something he'd been anticipating, of course, and he admits that while he gets the overall romance of the story, it does seem like an odd consolation prize. "I get a baby? Yeah, yeah. I have gotten over that by now," he says. "I remember the first time reading the book, I was so confused. I was like, 'Wait. He's trying to get Bella the whole time, and he strikes out so he goes with her child?' It really took a second."

## What's next for Lautner

**Since Taylor Lautner shared a dinner with director Gus Van Sant and screenwriter Dustin Lance Black recently, Hollywood insiders have been speculating about some sort of team-up. All that came to a head when, earlier this month, it was reported that Lautner would be starring in a movie directed by the Milk filmmaker, based on an unidentified article published in the New Yorker. Lautner is cryptic when pressed on the issue.**

"He is a very, very talented director who I've always looked up to and I've always wanted to work with," he says. "It's very premature, so I really don't have much so say now other than the fact that I really, really respect and would love the opportunity to work with him." As for the report that it's based on a New Yorker article? "Um... there is a project like that floating around somewhere on this planet," Lautner says.

## Scene in brief



The gods of ancient Greece have extended their rule to the weekend box office with a No. 1 debut for the action tale Immortals. The film took in $32 million domestically, while studio estimates Sunday put Adam Sandler's new comedy Jack and Jill at No. 2 with a $26 million opening. Puss in Boots was No. 3. It earned $25.5 million.
THE ASSOCIATED PRESS

Meryl Streep, Ralph Fiennes lead Oscars tribute to Vanessa Redgrave in London.

# For the love of dogs

**Author Susan Orlean talks about her decade of work in writing her new book on wonder dog Rin Tin Tin**

DOROTHY ROBINSON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Bestselling author Susan Orlean keeps expecting someone to drop off a German shepherd dog at one of her readings any day now.

"I keep assuming someone will show up with one," she laughs. "But so far, no dog."

It would be a fitting gift for Orlean. After all, she is the mastermind behind the definitive new book about the most famous German shepherd of all time, Rin Tin Tin.

And it wasn't just because she was a dog person that she decided to spend 10 years of her life researching and writing Rin Tin Tin: The Life and Legend.

"What took it from just being an afternoon spent goofing around on Google to a book was the complexity of the story," she notes.

"Of course, Rinty was a dog, and that made it irresistible.

"But the thing that really made it for me was sometimes the more you research, the more things become small and familiar.

"Here, it was just the opposite.

"The more I learned, the more it grew and it just became a bigger and bigger story."

Orlean's account of Rin Tin Tin — the world's first canine film star and, arguably, the most successful dog brand of all time — is hitting shelves at the same time a slew of other bigtime books about dogs are also being published, notably Jill Abramson's The Puppy Diaries and Julie Klam's Love at First Bark.

Orlean is diplomatic towards her competition. "There's just a huge emotional tie to all things dog right now.

"People really love their dogs — and they really love to read about them."

HANDOUT

▶ Rin Tin Tin was the world's first canine movie star.

# Baker is on call

## The Mentalist's Simon Baker takes a stab at playing a soulless Wall Street wizard in Margin Call Shares his thoughts on greed and morality

ANNE BRODIE
SCENE@METRONEWS.CA

JASON KEMPIN/GETTY IMAGES

▶ Simon Baker

Simon Baker's affable, open Patrick Jane on the TV phenom The Mentalist is light years away from the mannered, restrained wizard of Wall Street he plays in the financial thriller Margin Call. Jared Cohen leads a team of self-serving execs to find a way to cover his company's worthless leverage in the first days of the economic meltdown.

**You play a seemingly soulless man caught in one of the worst disasters of our time.**

If there is any parallel I can draw in the journey, my character is a device. We follow young Seth, Penn Badgley, and the young analyst played by Zachary Quinto and Kevin Spacey and a little of Demi Moore on emotional trips. Jared is largely a device, like the last scene that I have with Penn. Here is the young guy that wants to be Gordon Gekko and a hotshot, and he's definitely a product of that mould. I thought it was important to make a deal with the devil. He's not going to stand down and show signs of weaknesses in the offices with coworkers but that affected quality is what I was looking at, the protective shell. That's how they disconnect themselves emotionally.

**It's an interesting view of the crash, seeing not from the victims' point of view, but from the perpetrators. Are we meant to feel sympathy?**

I don't think we're meant to feel sympathy but I think that what it does reflect is that they are human and fallible. It's just too easy to pin an idea of them being soulless, inhuman people. I don't think we should feel sympathy, but understand that greed really is a part of human nature and it can take over and this is where we see it. Deep down inside Kevin Spacey there is a lot of soul. His humanity sort of wins out, and in my case you can see vulnerability a tiny bit but he never lets it show.

Morality is the core of the film, the idea being that amorality in business works.

Writer director J. C. Chandor is the son of a guy that worked his whole career in the finance industry and he's a pretty folksy kind of a guy. He's obviously going to impart his own soulful kind of approach to what that world is and his take on it and play with the idea of it being a morality tale. But he doesn't. At some points it is heavy handed, but there are some grace notes and delicate notes, that are hard to verbalize that just land sometimes. There are certain moments, particularly Paul Bettany's performance.

# Billy's back

## Crystal returns to host Academy Awards for the ninth time

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Billy Crystal

The 63-year-old comedian and veteran Oscar host said Thursday on Twitter that he is hosting this season's Academy Awards "so the young woman in the pharmacy will stop asking my name when I pick up my prescriptions."

"Some of the best moments of my career have happened on the Oscar stage," said Crystal in a statement from the Academy of Motion Picture Arts and Sciences. "I am thrilled to be back there."

This will be the ninth Oscar stint for Crystal, one of the most popular Oscar hosts of recent years. His last time was in 2004. Only Bob Hope hosted more Oscar shows.

Academy president Tom Sherak called Crystal "a comic legend and Oscar icon, and it feels good to have him back where he belongs."

The naming of Crystal follows a groundswell of sentiment for his return after he led a tribute to Bob Hope on the 2011 Oscar show for which he received a standing ovation. Crystal said later he was moved by the warm reception.

Crystal previously hosted in 1990, 1991, 1992, 1993, 1997, 1998, 2000, and 2004 — some of the most successful shows in Oscar history. The 1998 show was the highest-rated Oscar telecast ever, when Titanic sailed away with multiple trophies.

Comedian Eddie Murphy had been chosen to host the Feb. 26, 2012, show, but pulled out Wednesday following the departure on Tuesday of producer and friend Brett Ratner, who left amid criticism of his use of a pejorative term for gay men at a screening of the director's action comedy Tower Heist.

THE ASSOCIATED PRESS

# Is Adam Sandler zero per cent funny?

## Comedian's latest movie, Jack and Jill, gets trashed by critics Here, some of the biggest flops of all time

HANDOUT

▶ Adam Sandler's Jack and Jill has the dubious honour of being among the worst-reviewed movies of all time.

This weekend, Adam Sandler's comedy Jack and Jill, in which he cross-dresses to play his own sister, debuted to a zero per cent — later upped to three per cent — rating on the critic aggregation website Rotten Tomatoes. Even Yogi Bear and The Smurfs scored higher.

Here are the few films that scored even worse — zero per cent and staying there.

**Troll 2 (1990)**

The cult classic, about a group of vegetarian monsters, is so bad, it was the subject of a documentary called Best Worst Movie — directed by one of the cast members. Funniest part: there are no trolls in Troll 2.

**Pinocchio (2002)**

Remember Roberto Begnigni? The Life is Beautiful actor who won the Oscar and climbed over the chairs at the ceremony? He cast himself as Pinocchio in this live-action disaster. "What can one say about a balding 50-year-old actor playing an innocent boy carved from a log?" asked one critic.

**Superbabies: Baby Geniuses 2 (2004)**

Talking babies battle bad guys with super powers and farts. It's from the director of another critically-acclaimed hit: Porky's.

**Strange Wilderness (2008) and Bucky Larson: Born to Be a Star (2011)**

One's a satire of nature documentaries, featuring Bigfoot, and the other is a satire of porn, featuring a small penis.

Who executive produced these masterpieces? Adam Sandler.

METRO

# Daily Show's Bee savours Canadian work

THE CANADIAN PRESS/HO

▶ Samantha Bee is flanked by Matt Watts, left, and Bob Martin in Michael: Tuesdays and Thursdays.

## Comedian keeps busy with TV spots, parenting blog

Regular appearances as the "most senior" correspondent on The Daily Show haven't stopped Samantha Bee from squeezing in a slew of Canadian side projects.

But living and working in New York has made it difficult for the sharp-tongued comic to actually watch the Canuck TV shows she appears in.

Bee bemoans the fact that she'll again be in the U.S. when her upcoming cameo on CBC-TV's Michael: Tuesdays and Thursdays airs tomorrow.

"It is actually crazy that I can't even watch the show," Bee says in a recent phone interview from her New York office, where she was working on a segment for The Daily Show.

If it weren't for all the work she's been getting north of the border, Bee might not ever get to see any Canadian series, she notes.

"I have a role in (HBO Canada's) Good Dog as well and so I was in Canada shooting that and I was able to watch I think three episodes of (Michael: Tuesdays and Thursdays), which I thought was terrific," says Bee, who appears as a TV talk show host on this week's instalment.

She notes she had never even seen the psychiatry sitcom when she accepted an invitation to be on it, but had a good feeling about the show.

Bee says she was drawn to Michael by the prospect of sharing the screen with longtime friend and star Matt Watts, who she's known for "years and years and years" stretching back to their sketch comedy days in Toronto.

"He actually was incredibly influential — he's one of the people who made me go into comedy," says Bee, part of an all-female comedy troupe called The Atomic Fireballs before she joined The Daily Show in 2003.

Bee says Watts, the show's co-creator along with The Drowsy Chaperone writer Bob Martin, is just as neurotic in real life as his anxiety-plagued alter-ego Michael, although "delightfully" so.

The Toronto-born Bee — who joins a growing list of high-wattage stars to drop by Michael, including Ed Asner and Sandra Oh — says she relishes any opportunity to return home.

But it hasn't been easy with a demanding Daily Show schedule that keeps her busy year-round, she says. She notes she was flattered to be recently named Canadian Comedy Person of the Year but was unable to attend the ceremony.

"By the time it rolled around I wasn't allowed to take any more time off because I had (already) taken so much!" says Bee, who is also being awarded an international achievement award from the Toronto chapter of Women in Film & Television in December.

Still, Bee has made time to squeeze in writing for a cross-border parenting blog with friend and former Atomic Fireball partner Allana Harkin.

Their online column Eating Over the Sink, hosted by Babble.com, traces the ups and downs of raising children. Bee posts from New York while Harkin writes from Toronto.

THE CANADIAN PRESS

# Heating up The Good Wife

Apart from Mad Men in its 1960s setting, most TV dramas shy from showing anyone with cigarettes.

But that doesn't mean Kalinda Sharma isn't constantly smoking on The Good Wife. No cigarettes are involved, mind you, nor are they needed by this steamy in-house investigator at the Chicago law firm of Lockhart Gardner. With her implacable shrewdness, sass and sexuality, Kalinda heats up every scene she's in.

No wonder she has emerged as a viewer favourite among the many colourful characters populating this CBS drama. And no wonder Archie Panjabi, who last year won an Emmy for her portrayal of Kalinda, can hold her own in a robust cast of actors who include series star Julianna Margulies as well as Christine Baranski, Josh Charles, Matt Czuchry, Alan Cumming and Chris Noth. (The Good Wife airs Sunday at 9 p.m. EST.)

BEBETO MATTHEWS/THE ASSOCIATED PRESS

▶ Archie Panjabi

"I'm not just a woman in a pair of boots," says Panjabi, describing her character with delicious understatement.

Along with her trademark knee-high boots, Kalinda is distinguished by the tough-gal wardrobe snugly sheathing her petite frame and, at the same time, by her defiant composure — little if anything throws her, stops her (including ethics or legal niceties), or penetrates her well-defended shell.

Adding to the intrigue of Kalinda is her matter-of-fact bisexuality, and her exotic but so-far-unexamined ethnic origins. To its credit, The Good Wife makes nothing of the fact that the actress chosen to play her is Indian and, though British-born, has adopted for Kalinda a throaty, Americanized purr that obscures any regional identity.

In short, Kalinda cannot be categorized. She is who she is: a source of fascination. "I think that's the way forward," says Panjabi. "You don't focus on the differences, you don't make an issue of them — you just present them."

THE ASSOCIATED PRESS

# Original MAD men reunite at Georgia art college

Think of them as the senior class of the "usual gang of idiots." Or the original MAD men perhaps.

There's Al Jaffee, who at 90 still draws the optical illusion fold-in gags for MAD magazine's back page. And Sergio Aragones, still whipping out eye-straining and gut-busting miniature cartoons in the magazine's margins after 48 years. And Jack Davis, who was there at the beginning, drawing the horror spoof Hoohah! that appeared in MAD's debut issue in 1952.

STEPHEN MORTON/THE ASSOCIATED PRESS



▶ Mad Magazine cartoonist Jack Davis, seated far right, takes a photo of fellow cartoonist Sergio Aragones, left, and Benjamin Meglin, whose grandfather was former magazine editor Nick Meglin.

"I have kids come to me at conventions saying, 'My grandfather grew up with your work,'" said Aragones, 74, whose recent features include A MAD Look at Lady Gaga. "Older people think the older MADs were funnier. But not really. You grew up. Your sense of humour has changed."

Aragones, Jaffee and Davis were among eight veteran MAD contributors gathering Saturday for a rare reunion on the Georgia coast. With their homes and studios spread across the U.S., the artists who put their work side by side in hundreds of MAD issues don't often meet face to face.

This weekend, the cartoonists were honoured and humoured by their hosts, the Savannah College of Art and Design and the National Cartoonists Society. Their art was hanging in a gallery, while their schedule included workshops with the college's art students and a panel discussion on MAD's history and their work.

THE ASSOCIATED PRESS

# J.Lo rebounds with hot backup dancer

**His name is Casper Smart and he's not into wearing shirts His special skills include 'krumping, acrobatics, breaking and popping'**

## THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Jennifer Lopez has a thing for backup dancers.

Not only was her second husband, Chris Judd, one (before he got that sweet, sweet divorce settlement, that is) but it seems like her new rebound, Casper Smart, is one as well.

▶ Kim Kardashian

The rhythmic Smart has, according to his personal website caspersmart.com (which he has since taken offline since Us Weekly broke the news that he and Lopez are dating), had a role in Honey 2 and was a dancer in Step Up 3D.

His special skills include "krumping, acrobatics, breaking [and] popping."

Another skill? He's never in a shirt!

A source tells Us Weekly that he's "popular with the ladies because he goes shirtless!"

So there you have it. Jennifer Lopez is now into men who can krump, break, pop, and not clothe themselves.

ALL PHOTOS GETTY IIMAGES

▶ Jennifer Lopez

### Kardashian is back in the news (again)

Be careful about what you say about Kim Kardashian.

The newly single reality star has hired lawyer Marty Singer to silence Jonathan Jaxson, who says he is her former publicist and claims her 72-day marriage to basketball player Kris Humphries was a giant farce, according to TMZ.com.

On Friday, Jaxson told Good Day L.A., "The whole show itself was staged to a T."

Earlier, he told the Elvis Duran Morning Show, "She knew weeks before getting married she didn't want to do it. She's never gotten over [former boyfriend/NFL player Reggie Bush]."

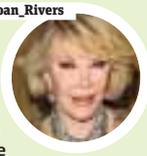
Kardashian is suing Jaxson for $200,000, a sum that seems low for a Kardashian.

But maybe she's just trying to raise some capital to pay the return postage on all of those wedding presents she has to return?

### Celebrity tweets

@diablocody

iPhone's SmartType feature really doesn't want me to describe things as "rockin'." I guess it is smart.



@Joan_Rivers

The Conrad Murray verdict has made me realize that Michael Jackson's life and death has touched more people than even Herman Cain.

@ActuallyNPH

Break a leg, @BillyCrystal. The Oscars are lucky to have you.

@jasonsegel

This is the best day ever. So many new friends already. I will do my best to make equal time for most of you

# Madge wants a family man... well, kinda

Madonna puts a lot of thought into her boyfriends.

"I don't necessarily like to use the word lover because it sounds like they just come over and have sex with you. I aspire to more than that, and I need more than that," the singer, who is currently dating French breakdancer Brahim Zaibat, tells Harper's Bazaar.

"It's also important that my children admire and respect this partner that I would choose for myself. Especially for my sons, who have their father, but they need a male role model as well.

So I need to keep this in mind: What is this person modelling to my sons, what kind of man is he, what values does he have, what energy is he giving off? Because they are impressionable. It's so important."

▶ Madonna

METRO

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# It's 'our secret, sexy place to go'

Liam Hemsworth and Miley Cyrus have a rather odd choice for romantic meals: diner-style restaurant chain Steak 'n Shake. "There is this place in Nashville called Steak and Shake, which is pretty much the best food ever. That is our secret, sexy place to go," Hemsworth tells Australia's Who magazine.

"When I look over at her when she's biting into a steak sandwich and there is some steak sauce dripping down her chin, there is nothing sexier than that."

**"When I look over at her when she's biting into a steak sandwich and there is some steak sauce dripping down her chin, there is nothing sexier than that."**
**LIAM HEMSWORTH**

METRO

▶ Miley Cyrus

▶ Liam Hemsworth

# Cage cuts into his finances

Nicolas Cage has apparently gotten back into his old lavish spending habits.

The star, who struggled with IRS debt in recent years, reportedly spent $2,000 on a custom knife at Northern Knives in Anchorage, Alaska, according to TMZ.

The object in question features a handle made of mammoth ivory and a bald eagle engraved on the blade. Nice as it is, though, Cage reportedly said he plans to use it to eat steak.

Nicolas Cage

METRO

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3 life

# Are you over-parenting?

**Parents feel like they need to micromanage their children's every move so they fulfill their true potential But a more relaxed, hands-off approach to parenting takes pressure off kids and parents**

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Being a parent is a stressful job. These days, you're not only expected to cover the basics — love, food, clothing, schooling, junior taxi service, but our perfectionist culture tells parents that we must also execute a punishing schedule geared to transforming our child into star pupil, tennis champ and school musical lead.

But hyper-parenting — where parents push their kids in the name of "fulfilling their potential" — doesn't necessarily lead to happier, healthier, more successful kids. Not every child can be the next Ronaldo or Picasso, and parental pressure and over-involvement can lead to children's anxiety, fear of failure and inability to be self-reliant.

Economist Dr. Bryan Caplan caused a stir earlier this year with his book, Selfish Reasons to Have More Kids: Why Being a Great Parent is Less Work and More Fun than You Think, which suggested that hot-housing has little long-term effect on your child. Caplan points out that studies on twins and adopted kids show that the long-term effects of parenting have little impact on a wide variety of outcomes including health, happiness, intelligence and success.

Children can't be molded, he says. Like flexible plastic, they respond to pressure but return to their original shape when pressure is released, so there's no point trying to change them. "Even happiness is not something that parenting makes or breaks," says Caplan.

**"Hyper-parenting is exhausting. It turns childrearing into a cross between a competitive sport and product-development"**
CARL HONORE

Because you can't change your kids, pushing them to excel is a waste of time and a burden on your relationship with them, say supporters of a new type of more serene parenting.

"We all want the same thing: for our children to be happy and healthy and to reach their full potential," says Carl Honore, slow advocate and author of Under Pressure: Rescuing our Children from the Culture of Hyperparenting. "And we can all have this if we get the right balance between doing too much for our children and doing too little."

Focusing less on kids is better for parents, too. Those who over-parent are three times more likely to suffer depression and anxiety, according to clinical psychologist Dr. Madeline Levine, who believes that over-involved parenting is parents' way of correcting what they saw as wrong in their own lives. It's also better for your kids if you invest in your relationship.

"Hyper-parenting is exhausting. It turns childrearing into a cross between a competitive sport and product-development," says Honore. "It's tiring, expensive and stressful. All this puts a squeeze on a marriage, with both partners feeling tired and overstretched. They also have less time to spend together on their own. Ultimately, it can break a marriage."

But if we all want the best for our kids, how do we get a balance between providing opportunities and being hands-off? Caplan says if you're consciously thinking about your parenting style, you're already on the right track.

"Ignore the panic and peer pressure; your child will be fine," Honore advises. "Trust your instincts. Find your own way to parent. Listen to and observe your child.

"A child is not a project or a trophy or a piece of clay you can mould into a work of art. A child is a person who will thrive if allowed to be the protagonist of his own life."

## Tips

## SLOW PARENTING

**CARL HONORE**
**SLOW-PARENTING ADVOCATE**

- Experiment with not reading parenting manuals and websites for a week. Try to work out your own style of parenting and what works best for your family rather than worrying about what everyone else is doing.
- The next time you take your child to the playground, resist the temptation to jump in and co-play at every turn. Back off so your child can play on her own or with other children.
- Schedule a few hours each week that are free of structured activity when the family can rest, chat, play games, cook together — whatever you feel like when the moment arrives.
- Let your children tell you how school went today, rather than demanding a full debriefing the moment they step through the door.

THINKSTOCK

▶ Playing in the leaves is more fun than soccer coaching, for you and your children.

CASE STUDY

## Wise mom: "I refuse to compete"

Sarah is a mother of two from Vancouver:

"It is my belief that we move from competing with our peers (with jobs, experiences, money, homes, cars, etc.) to competing with our peers through our children (number of languages they speak, their grades, how many laps they can swim, etc.).

I have taken a strictly conscious decision to not engage in that.

The number of activities that some of my kids' peers do is nuts. Some play hockey five times a week, piano, soccer and have extra tutoring – It takes parents, grandparents and nanny to keep that schedule. I've seen kids who are tiny for their age, always tired and never have time for unstructured, creative play with kids their age. Makes me wonder what important part of them is not being developed.

I see a lot of parents here forget that the foundation of their family – of their children – is the relationship between the parents. When that crumbles, the whole show goes down!

EMMA E. FORREST

## Over-parenting

Economist Dr. Bryan Caplan shares signs to help you know if you're over-parenting.

- You find yourself yelling at your kids when you're in the process of doing something that is for their "benefit". The activity is hurting the relationship for the sake of a future benefit you can't guarantee.
- Your child doesn't sleep through the night after three months. Train him to sleep, rather than always going into his room.
- You're en route to an activity, and both you and your kid can't face it. If your child is complaining and you're thinking you can't be bothered to go, it's clearly become a chore.

British study: Should clocks move forward so kids can play outside longer?

# 3 kid geniuses

**All parents believe their child is gifted somehow Some of them just happen to be are right Meet three kids who do a little bit more than play around**

ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

## Art: Pint-sized Picasso

1

### Aelita Andre, 4

**What she's done:**
An abstract artist, she began painting when she was 11 months old, before she could even walk. Last summer was her first solo exhibition in New York. Her paintings are worth up to $24,000. "I paint music and the cosmos," she says. Meanwhile, the cash will be saved for university.

**What she has to say:**
"I love painting and drawing. I also love the iPad space apps Solar Walk and Star Walk and generally drawing or writing apps on my iPad."

**Do you wish you had a 'normal' childhood?**
"I don't think I can answer this yet. This is something I will only be able to know when I am older. Right now, I love being in kindergarten and making friends."

## Cosmetics: The new Estée Lauder

2

### Leanna Archer, 16

**What she's done:**
Teen CEO of Leanna's Inc., she started her own business when she was just nine years old selling natural haircare products based on her Haitian grandmother's recipes. Her most popular product is a $25 pomade made from avocado oil, hibiscus oil, almond oil and quinine.

**What she has to say:**
"With my busy life as an entrepreneur, philanthropist and motivational speaker, I believe that dreams are wild, but wild enough to come true."

**Do you wish you had a 'normal' childhood?**
"I do have a normal childhood, I just have a different extra curricular activities than most children my age. I still go to school, play the piano, spend time with my family and play basketball."

## Science: Sci Siblings

3

### Sho & Sayuri Yano, 20 and 15

**What they've done:**
At 13, both siblings already had a Bachelor of Science as well as being accomplished pianists. When he was 18, Sho gained his PhD in molecular genetics and cell biology. He's now in his final year of medical school, specializing in pediatric neurology. Sayuri entered Johns Hopkins University at 14, majoring in violin performance. She has published a technology book.

**Do you wish you had a 'normal' childhood?**
**Sayuri:** "Of course not! Leading such a life wasn't easy but it has shaped the way I perceive the world."

**Sho:** "Absolutely not. I could have gone to school at 'regular' speed but would't have been happy."

**When do you feel like kids?**
**Sayuri:** "Staring at the sky on a clear night makes me ponder the universe. That's enough to make anyone feel like a kid."

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# Go red this soup season

**Pull out the slow cooker and make this red pepper soup that beats the cold with its hearty texture, combo of veggies and spices Top it with feta**

THE CANADIAN PRESS H/O

▶ This recipe serves six.

It's about that time to dust off the slow cooker for another season of simmering savoury meals and delicious soups. Here for soup lovers is a tempting recipe for a roasted red pepper soup to tantalize the taste buds.

**Preparation:**

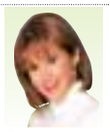
1. In bowl, combine feta, oregano, half ground pepper. Set aside.
2. In slow cooker, combine onion, carrot, celery, tomatoes, red peppers and broth.
3. Secure lid and cook on high for 4 to 6 hours or 8 to 10 hours on low.
4. Working in batches in a blender, food processor or using a hand immersion blender, purée the soup mixture to your desired consistency.
5. Return to slow cooker and hold on warm until ready to serve. Stir in lemon juice and remaining pepper before serving. Garnish each serving of soup with 30 ml (2 tbsp) of the feta mixture.

**THE CANADIAN PRESS/ CROCK-POT.CA)**

**Ingredients:**

- 125 ml (1/2 cup) crumbled feta cheese
- 5 ml (1 tsp) finely chopped fresh oregano
- 2 ml (1/2 tsp) freshly ground pepper, divided
- 1 each onion and carrot, chopped
- 1/2 celery stalk, chopped
- 1 can (796 ml/28 oz) diced tomatoes (undrained)
- 1 l (4 cups) bottled red peppers, chopped
- 1 l (4 cups) sodium-reduced beef or chicken broth
- Juice of 1 lemon

## Rose Reisman's Swap It



Instant noodles are one of the most popular choices for students. But if you grab the wrong type, you're looking at major amounts of sodium.

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**580 CALORIES/ 22 GM FAT/ 2,860 MG SODIUM**

SWAP IT!

**CAMPBELL'S HEARTY BEEF SOUP (2 PACKS)**

**400 CALORIES/ 1 GM FAT/ 1,900 MG SODIUM**

**THERE'S VERY LITTLE NUTRITION IN A BOWL OF MR. NOODLES BEEF SOUP. ALL YOU HAVE ARE EXCESS CALORIES, FAT AND CLOSE TO TWO DAY'S WORTH OF SODIUM. ONE BOWL IS EQUIVALENT TO 16 ORIGINAL DRUMSTICKS FROM KFC IN SODIUM.**

**IF SOUP IS YOUR CHOICE, SWAP IT FOR CAMPBELL'S. IT'S STILL HIGH IN SODIUM BUT HAS VIRTUALLY NO FAT.**

**[FOR MORE, VISIT ROSEREISMAN.COM]**

# Arugula & tomatoes shine in easy pasta

**This dish is ideal for a weeknight meal It's great when served with a generous dollop with ricotta cheese**

EMILY RICHARDS

▶ This recipe serves four.

DINNER EXPRESS

**EMILY RICHARDS**
FOOD@METRONEWS.CA

**Preparation:**

1. In skillet, heat oil over medium heat. Cook garlic, anchovy paste and hot pepper flakes 1 min. Add tomatoes, basil, salt. Bring to a boil. Reduce heat and boil gently, stirring 15 mins. or until thickened.
2. In pot of boiling salted water, cook potatoes and pasta for 10 minutes or until potatoes are tender and pasta is al dente. Drain and return to pot. Pour sauce over pasta mixture and toss to combine. Add arugula and Romano cheese and toss well. Scoop into pasta bowls to serve.

**EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

**Ingredients:**

- 2 tbsp (25 mL) olive oil
- 3 cloves garlic, minced
- 1 tsp (5 mL) anchovy paste
- ¼ tsp (1 mL) pepper flakes
- 1 can diced tomatoes
- ¼ cup (50 mL) fresh basil
- ½ tsp (2 mL) salt
- 2 potatoes, chopped
- 1 bag (500 g) rigatoni
- 2 cups (500 mL) baby arugula
- 3 tbsp (45 mL) Parmesan

# Learn by recycling

**Tech it Away program gets high schools involved in rounding up and recycling unwanted electronics Find out how you can get involved**

BEN KNIGHT
LIFE@METRONEWS.CA

Recycling old electronics is a baffling business for many Canadians.

Sure, we know where to put our used bottles and newspapers.

But computers, televisions and discarded cellphones?

Not so sure.

That's why Best Buy Canada set up Tech it Away, a program that gets high schools actively involved in rounding up and recycling unwanted or obsolete electronics.

"The program originated from the idea of making sure that people understand the importance of recycling their electronics," says Danielle Jang, communications manager for Best Buy Canada.

"There's a lot that goes into it, and we wanted to make sure that we took responsibility for that, spreading the word and working with the younger generation. They get excited about it, and they can see the results of it as well."

Ten selected schools, in Vancouver, Calgary and Toronto held community recycling drives last month. In the competitive, high-turnover field of electronics, the company feels campaigns like this are essential.

"There's new technology out there that's better for the environment, and we want people to start using that instead," Jang explains

"And then we want to take the old electronics that they have and recycle them properly."

Each participating school receives a grant of up to $10,000, earmarked for the purchase of newer, more energy-efficient electronics.

And there's an artistic element as well.

"This year, we added a sculpture competition. Students took some of the collected electronics, and were tasked with the challenge to create a sculpture. The winner was actually from Downsview Secondary School in Toronto. It's a really cool sculpture of a tree. They used wires, the keys on a keyboard, the insides of a mobile phone, and they constructed a really neat sculpture of a tree. It's pretty cool."

They have added a sculpture competition to the event.

The program has sparked some healthy, eco-friendly competition between rival schools, each eager to collect more disused gizmos than their local rivals.

"The kids got on board really quickly," says Jang. "They're out there telling their friends and families and their community to bring everything that they've got in their basements to drop it off. They get excited about that."

For more info, check out bestbuy.ca.

**Contact**

**Want to bring this program to your school?**

**Contact** New regions are being considered for 2012. If you are interested you can contact Vicky Foley, community relations manager for Best Buy, at media@bestbuycanada.ca.

ISTOCK PHOTOS

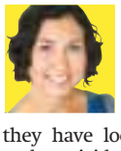
It's time we stepped up our green bouquet skills.

# ECO-FRIENDLY FLOWER SERVICE BLOSSOMING

**Are there any companies that create and deliver eco-friendly flower arrangements?**
***Karly of Vancouver***

## QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



My first suggestion: Ask your favourite florists if they have local, seasonal and pesticide-free flowers. Those three factors alone ooze eco-friendliness.

You're smart to avoid flowers that have been shipped from far, far away, and not just because of their carbon footprint.

Many cut flowers come from developing countries, where growers use toxic pesticides banned in Canada.

**Many cut flowers come from developing countries, where growers use toxic pesticides banned in Canada**

And no one tests imported flowers for pesticide residues. The florist might look at you funny, but when it comes to cut flowers, many of us shop with our noses. It's time we greened up our bouquet shopping skills. The more who ask our local florists for pesticide-free blooms from local farmers, the quicker they'll clue in. Another suggestion is to search Veriflora.com. Veriflora is a sustainability certification program for fresh cut flowers and potted plants. Search their site by province for a company that abides by their agricultural sustainability certification and eco-labelling program.

A Google search might also turn up companies that sell organic or Fair Trade Certified bouquets.

Many I found online only deliver in the U.S. — OrganicBouquet.com and Flowerbud.com — but join them on Facebook and you'll know when they branch into Canada.

David Suzuki Foundation

# She's writing her own destiny

**Kathleen Mailer is a multi-hyphenate businesswoman with a story to tell Do you have the knack to pen a novel?**

## TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

"We grew up in poverty and my Dad worked 24-7 to feed our family. At the end of his life he said, 'You're a mentor. Don't let people suffer the way mom and I did. Go out there and make a difference.'"

That was 12 years ago and today, Kathleen Mailer is a motivational speaker, Canada's leading authority on self-publishing, a business mentor, pastor, philanthropist, editor of Today's Businesswoman magazine and the author of 38 books.

"I realized life is too short to sit on your dreams. You have to it now. Make a decision and quit thinking, 'One day I'm going to...'. Get over your fears and past the inner terrorist that tells you can't do it. Tell them to go away."

Have you ever wanted to write a book? Kathleen will be holding workshops across Canada in the coming months.

"It's really easy to write books but a lot of people don't realize it."

Take Kathleen's advice and make it a turning point for you. Make a decision, move forward and kick that 'inner terrorist' to the curb.

**You CAN make money writing....**

**Poetry:** Greeting card companies will love you.
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**Pick up the pen**

**Why should you write a book?**

- Great lead generator for your business
- Positions you as an expert
- Easier to get media attention with a book
- Cash-flow machine
- Builds credibility
- Online resource that will leave a legacy
- Your moral obligation – don't hoard your story! Share it!

PROVIDED

▶ For more information on Kathleen Mailer's work and workshops, visit kathleenmailer.com.

# To creep or cash in?

**Study indicates recent graduates are prioritizing Facebook freedom over a competitive salary**

New grads are facing higher unemployment rates than they've ever had to deal with before. It's no wonder we are hearing cries on the subject from the early 20s crowd. A new study, though, could raise some eyebrows over their priorities when it comes to careers.

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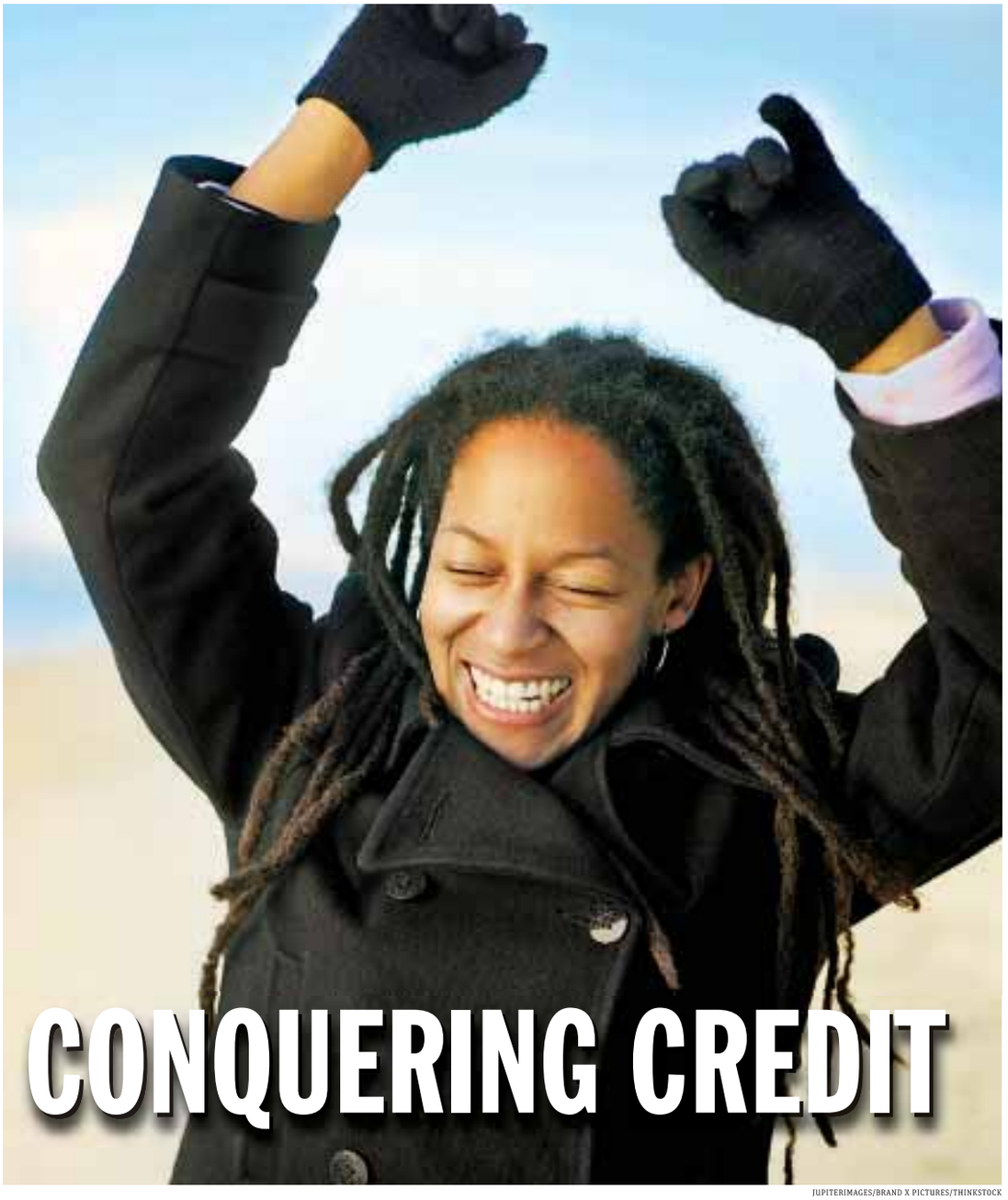
The results of the U.S. study, conducted by Cisco and published by Hot Hardware, show that new college graduates care more about access to social networking sites than they do about salary when considering a job offer.

Shocked? About 56 per cent of the 2,800 students and young professionals polled across the globe are so turned off by the idea of logging out that they would most likely turn down or ignore a job offer from a company that banned those social networking sites.

The ability to work remotely also proved more important than pay. About 40 per cent said they would actually accept less money if it meant they could telecommute and use social networking sites on whatever device they wanted to.

METRO WORLD NEWS




JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

## THANK YOU TO OUR CREDIT EDUCATION WEEK CANADA 2011 SPONSORS

Platinum

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# CREDIT EDUCATION WEEK CANADA CELEBRATES ITS FIFTH ANNIVERSARY

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its fifth year, CEWC 2011 will be looking at Canada's "Sandwich Generation" and the unique financial pressures they face.

Did you know:

• Eighty-two per cent of Canada's Sandwich Generation are not financially prepared, or don't know if they will be able to support their aging parents.

• One-third of those Canadians who support both a child and aging parents provide more than $500 per month to support their parents.

## COMPELLING STORIES ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less.

Dale Koe of Toronto submitted the winning entry worth $5,000, Dawn Erstelle from Winnipeg took home $2,000 for the second-place story, while Esme Gosling from Pender Island, B.C., cashed in the third-place entry, which was worth $1,000.

Beginning today, and running through to Friday, more than 100 events and financial literacy workshops at YMCAs and community centres across the country will occur under the Credit Education Week banner thanks to the support and funding of all sponsors.

Tomorrow, the founding sponsors of CEWC — Credit Canada and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA.

The event launch, hosted by Alison Griffiths, host of the television program Maxed Out, is a unique opportunity for financial industry leaders to bring consumer awareness to the myriad of financial issues impacting Canadians, as well as show their support and commitment to financial literacy initiatives.

The day will feature an impressive slate of speakers from media, not-for-profit and key government agencies, who will discuss the many financial management issues affecting Canada's Sandwich Generation. Neil Pasricha, author of The Book of Awesome, will deliver the event's keynote address.

CEWC 2011's event launch is free and open to the public.

The climax of every CEWC is the dinner gala, which will be held Wednesday at the Four Seasons Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while bestselling author and international entrepreneur Debbie Travis will deliver the gala's keynote address.

For more information about CEWC 2011, go to cewc.ca.

# Gamblers with smart play habits are good for our business.

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We don't want problem gamblers playing our games; we want players who can manage their play over the long-term. To do this, we've developed an innovative Responsible Gambling (RG) program comprised of prevention-based initiatives designed to educate players and encourage healthy play habits. For players who are concerned about their gambling, or exhibit signs of potential gambling problems, our staff is trained to refer them to independent support services.

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Visit KnowYourLimit.ca to find valuable information about our RG program, gambling odds, myths and facts and interactive games.

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# COSTLY APPEARANCES

## DALE KOE SHEDS EXPENSIVE CLOTHES, LIVING WITHIN BUDGET

### GRAND PRIZE WINNER ($5,000)

"Do you think that looks good? People will LAUGH at you," my dad would say when I was a teenager.

He used to berate me for wearing baggy clothes (which were "in" by the way). Maybe I took it to heart because shortly after I grew an appetite for expensive cottons, custom tailoring and, of course, show-stopping accessories.

I wake up on my 1,200 thread-count bedsheets, turn over on my side and look at my Omega watch — 6 a.m. I hate getting up sometimes, especially after having expensive takeout at 11 p.m. right before bed.

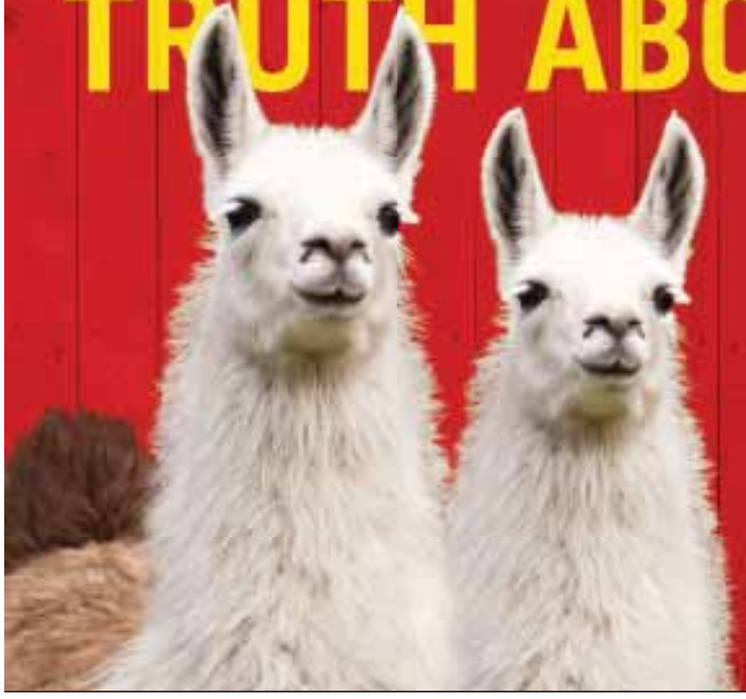
So I drag myself off to the shower and do my thing, come back to my room and look in my closet. Thinking about it, there must be more than $4,000 worth of clothing in there.

Well, keeping up appearances is important, right? Right! So who will I be today? Hugo? Giorgio? Mr. Lauren? I choose Hugo and head off to class.

Skip ahead three years, after I discovered my taste in finer clothing wasn't just a small expense, but had accumulated to thousands of dollars worth of debt. I was unemployed while going to university, living on student loans and my credit cards. I had to rethink my entire budget (if there ever was one) because, hell, I needed to eat.

Now, I'm living with the budget, slowly chipping away at my debt. Last week, I shopped for clothes at an "Honest" discount store in Toronto; I bought three sweaters, a jacket, and a pair of pants for $49. If only I had thought of entrusting my appearance to Ed, instead of Yves, Tommy, and Mr. Ferragamo sooner I would be eating fresh fruit from a bowl instead of eating processed fruit from a can.

THE WILD AND WOOLLY TRUTH ABOUT CREDIT.



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# DAWN ERSTELLE TAKES REALISTIC APPROACH TO ELIMINATE DEBT

**THE YEAR:** 2010.

**THE GIRL:** 27 years old, no savings, no RRSPs, $10,000 student loan debt, $4,000 credit card debt, $30,000 annual income.

**THE PROBLEM:** I spent more than I earned and wagered on a wealthy future self.

After five hopeful years without a lottery win or large inheritance from an estranged family member, it was time to take a more realistic approach. I decided to make a lifestyle change.

Here's the thing, frugality is seen as a dull means to a long-awaited end when you are in your 20s and want something NOW.

Nobody is marketing responsible money management as cool, or advertising that savings accounts instead of personal loans will make you happy. Hardly anybody proclaims how much fun it is to save instead of spend, and few announce that it's hip to buy second-hand or not buy at all.

Luckily, I'm pretty secure with my level of cool, fun and hip so I had no qualms about experimenting with "conscious spending" two years ago.

I pared down my monthly expenses and attempted to purchase only necessary stuff like concert tickets, coffee and beer. I sold lots of my possessions, including my car, and decided not to upgrade any of my tech devices. I have primarily bought my clothes at thrift shops and made the majority of my meals at home.

Admittedly, this may sound like an unattractive situation, but here's the sexy part ... in two years:

- I have $10,000 in my "living the dream" savings account.
- I have eliminated all $4,000 in credit card debt (the student loans are slowly dwindling).
- I have $2,000 in an RRSP account.
- I have built healthy saving/spending habits

My living the dream muse? I'm flying to Asia this winter — seven countries, six months, zero days at the office and infinite possibilities!

**SECOND PLACE WINNER ($2,000)**

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## THIRD PLACE WINNER ($1,000)

# MAYBE ESME GOSLING SHOULD HAVE LISTENED TO HER MOM

Don't tell my mother, but she might have been right. I didn't want to admit it at the time, but a question like, "So, how do you earn a living?" might have been a good one.

Instead, I thought, "What does it matter? We're in love!" So what if our first date was spent at his house — well, his sister's house actually — watching a video that he downloaded and drinking Red Rose tea? It wasn't cheap, it was cosy.

Second date, much the same, but we did a lot of talking, and women love talking! As things progressed, it's true that he didn't buy me flowers or gifts (too predictable) — heck, he didn't even buy groceries, even though he was practically living with me at that point.

OK, you guessed it: Suddenly, he was living with me and how could I ask him to pay rent given how much he was doing around the house to help out? Doing what? Well, just stuff. You know. I, personally, didn't know because I was at work, but, you know.

But what woman wouldn't give anything for a man who would be there at the end of the day with a cup of tea, a hot bath, and yet another downloaded movie? I wouldn't give anything for it, but I did end up giving, approximately (OK, exactly) $12,958 a year for it. (Times two because I'm a slow learner in some ways, so it took me a couple of years.)

Finally, even I had to admit that while money doesn't buy happiness, it sure goes a long way towards rent and groceries. So, yes, mom, you do have my permission to do extensive financial background checks on the next man I bring home — as long as you don't say you told me so!



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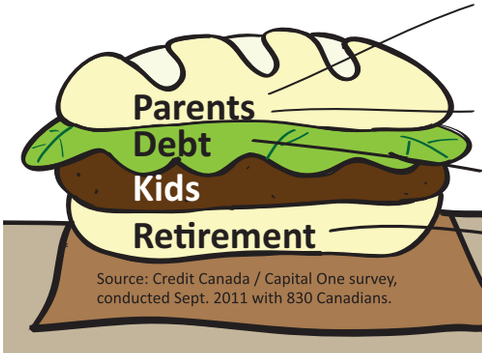
Sandwich Generation:
Canadians financially responsible for both parents and kids




82% aren't financially prepared, or don't know if they will be, to support aging parents

1/3 provide more than $500 a month to support parents

2/3 are accumulating more debt

55% worry that supporting aging parents will impact their own retirement.

Source: Credit Canada / Capital One survey, conducted Sept. 2011 with 830 Canadians.

Top Tips for the Sandwich Generation

1. See if you are eligible to claim the caregiver tax credit if parents over 65 live with you
2. Teach your children money skills, so they become financially independent sooner
3. Talk about your parents' financial realities before there is a care-giving crisis

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# KEEPING DIABETES IN THE SPOTLIGHT

Today is World Diabetes Day. This day marks the 120th birthday of Canadian Frederick Banting, who, more than 90 years ago, discovered insulin, a drug that is responsible for helping some of the 366 million people with diabetes around the world maintain a healthy life.

Jean Claude Mbanya

And yet, just shy of a century after it was discovered, many people are still unable to access the essential care they need. They are denied the right to a healthy future and, in many cases, the right to life.

Every year, more than four million people die from diabetes, and tens of millions more suffer disabling and life-threatening complications such as heart attack, stroke, kidney failure, blindness and amputation.

Diabetes also has negative consequences for certain infectious diseases, other non-communicable diseases (NCDs) and for mental health.

Diabetes is not only a health crisis, it is a societal catastrophe. Governments worldwide are struggling to meet the cost of diabetes care.

It is my hope that World Diabetes Day 2011 will carry forward the momentum started last September, when 193 heads of government and state signed a political declaration at the United Nations in New York. This momentous declaration was a product of the first ever meeting on the control and prevention of NCDs, including diabetes.

Today gives us the chance to come together and raise awareness of one of the deadliest epidemics of the 21st century, but it also gives us the chance to reflect on how we can help turn diabetes advocacy and rhetoric into action throughout the world.

Join the international diabetes community in celebrating this World Diabetes Day. Whether you choose to dress in blue, floodlight a local landmark in blue or alert a local government representative to the impact of diabetes in your community, we all have a part to play today.

It is time we stopped sleepwalking into a sick future. Act on diabetes, now.

*– Jean Claude Mbanya, president, International Diabetes Federation*

## KNOW THE WARNING SIGNS

Know the signs and symptoms of diabetes. Early diagnosis saves lives. They can include:

- Unquenchable thirst.
- Frequent urination.
- Weight loss.
- Increased hunger.
- Blurry vision.
- Irritability.
- Tingling or numbness in the hands or feet.

## Fate of NBA season may be decided today

Decision day for NBA players may have arrived.

The players' association will meet in New York this morning, a session that could lead to the end of the lockout or send it into a bigger tailspin. Representatives from all 30 teams are expected, as are other players, to examine and discuss a seven-page summary of the NBA's latest collective bargaining proposal to the union.

The proposal, a copy of which was obtained by The Associated Press, was dated to be delivered to union executive director Billy Hunter on Friday. At least some of the people who will be in the NBPA meeting said yesterday they had not yet seen the offer, creating more than a little confusion over what exactly is on the table.

"We haven't asked for anything more than what we had," Miami Heat player representative James Jones said yesterday. "We understand the times. We understand the economy. We just want a fair deal where both sides are bearing the weight of the present times and with an eye on the future of the game of basketball."

By today, things could finally become clear — because this union meeting may decide if basketball will be played this season.

There are 17 items in the memo, including how teams paying a luxury tax would not be able to acquire free agents in sign-and-trade deals after the 2012-13 season. One of the key points comes on Page 5, where the NBA says "there will be no limitations on a player's ability to receive 100 per cent guaranteed salary in all seasons of a contract."

THE ASSOCIATED PRESS

**72**

**The NBA wants a 72-game season to begin Dec. 15. For that to happen, a handshake deal almost certainly would have to be in place this week.**

# Ticats finally win in playoffs

### Porter's OT touchdown gives them first post-season victory since 2001

TOM BOLAND/THE CANADIAN PRESS

▶ Tiger-Cats quarterback Quinton Porter runs in for a touchdown against the Alouettes in overtime yesterday.

The Hamilton Tiger-Cats' decade of playoff frustration is over, and so is the Montreal Alouettes' reign as Grey Cup champion.

Quinton Porter ran in from the one-yard line for a touchdown in overtime and the Tiger-Cats' defence stoned the Alouettes as Hamilton won a thrilling CFL East Division semifinal 52-44 over Montreal yesterday.

It was the Ticats' first playoff victory since they beat Montreal in the 2001 semifinal. They will face the Blue Bombers in Winnipeg in the East final next Sunday.

| TICATS | ALOUETTES |
|---|---|
| 52 | 44 |

"I'm excited for us to go through what we went through and still win, it shows a lot about the team we are," said quarterback Kevin Glenn, who came back from a nasty hit in the third to guide his team through a wild 38-point fourth quarter.

"We get knocked down but we get back up. That's what we're about."

The Ticats are attempting to become the first third-place team in the East to win a Grey Cup since Montreal in 1970.

The Alouettes didn't go quietly, erasing Hamilton's 24-16 halftime lead with a ferocious fourth quarter in which they fought back to tie the game three times to force overtime and send the Olympic Stadium crowd of 33,501 into a frenzy.

Anthony Calvillo was hot, completing 30 passes for 513 yards and three TDs for Montreal. But he couldn't get his team into the end zone in overtime as Brandon Whitaker had a ball go off his fingertips on third and two to end the game.

THE CANADIAN PRESS

# Esks roll past stumbling Stamps

| ESKIMOS | STAMPS |
|---|---|
| 33 | 19 |

The Edmonton Eskimos capitalized on shoddy tackling and turnovers to beat the Calgary Stampeders 33-19 in the CFL's West Division semifinal yesterday.

The Eskimos will travel to Vancouver next Sunday to play the B.C. Lions for the right to represent the West in the Grey Cup.

The win spoiled the debut of Stampeders quarterback Drew Tate. The Texan was starting in his first CFL playoff game after taking over from starter Henry Burris with three games left in the regular season.

The game was decided in the first 30 minutes.

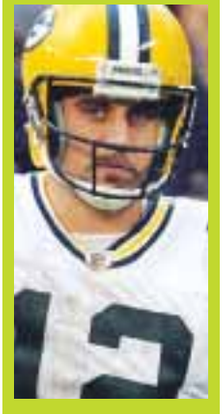
The Eskimos built up a 25-9 halftime lead as the Stamps did themselves in with their own mistakes.

The win extended a turnaround season for Edmonton. The Eskimos missed the playoffs in 2010 but finished second in the West in the regular season this year with an 11-7 record.

THE CANADIAN PRESS

4 sports

**Quoted**

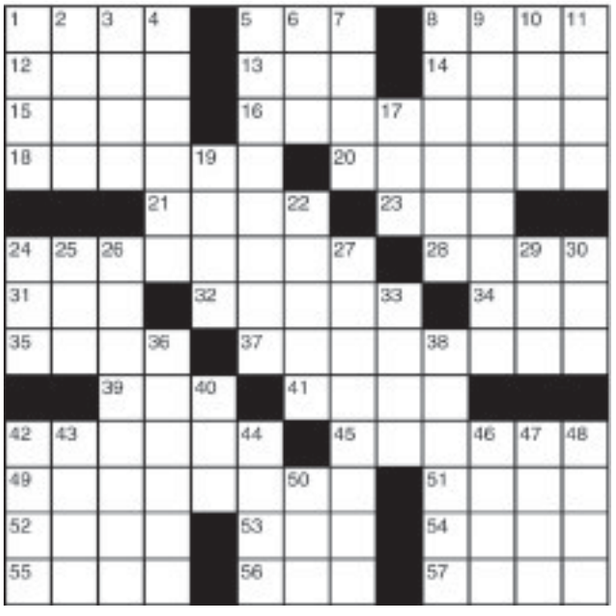


**"There's different talk outside the locker-room and there will be if we continue to win. But I said it after last week's game, we're trying to be 1-0 after every week."**

PACKERS QUARTERBACK AARON RODGERS. GREEN BAY IS HALFWAY TO 16-0 GOING INTO TONIGHT'S GAME AGAINST MINNESOTA.

Scan code for more sports news.

## Crossword



**Across**

1 Soft muddy stuff
5 Swabbie's tool
8 Cinderella's horses, really
12 Apiary structure
13 Anger
14 Out of control
15 Iowa city
16 Slapstick missile
18 Joan of Arc, for instance
20 Slanders in print
21 Cambodia neighbor
23 "Le Coq —"
24 "Old soldiers —"
28 Use a strainer
31 Opposite of 24-Down
32 "No man is an island" poet
34 Lincoln, to pals
35 Safecracker
37 Be dishonest
39 Historic time
41 Thin streak of smoke
42 Thespians
45 Concealed
49 Formal attire
51 Architect Saarinen
52 Tardy
53 Grecian vessel
54 Pet shop enclosure
55 Basin accessory
56 — -relief
57 Grandson of Eve

**Down**

1 Fraud
2 Peru's capital
3 Finished
4 Mortar's partner
5 Teeny-tiny photo reproduction
6 Bobby of hockey lore
7 Rind
8 Ballroom dances
9 Royal
10 Spring shape
11 — out (supplements)
17 Help
19 Three feet
22 Muscle connector
24 Opposite of 31-Across
25 Storm center
26 Produce plants
27 Peps up
29 Justice Dept. agcy.
30 Golf ball holder
33 Otherwise
36 Food merchant
38 Each
40 Noah's boat
42 Competent
43 Talon
44 Half a ticket
46 Slender
47 Therefore
48 Accomplishes
50 Playwright Levin

▶ Yesterday's answer

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 7 | | 9 | 3 | | | 5 |
| | 8 | | 2 | | | | | 7 |
| | 2 | | 7 | | | | 6 | |
| 1 | | | | | | | 7 | |
| | | 3 | 5 | | 9 | 2 | | |
| | 7 | | | | | | | 9 |
| | 3 | | | | 4 | | 8 | |
| 6 | | | | | 5 | | 9 | |
| 9 | | | 3 | 8 | | 1 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 1 | 7 | 4 | 2 | 3 | 5 | 6 | 8 |
| 4 | 3 | 6 | 8 | 5 | 7 | 1 | 9 | 2 |
| 5 | 8 | 2 | 9 | 6 | 1 | 3 | 7 | 4 |
| 1 | 2 | 3 | 7 | 8 | 9 | 6 | 4 | 5 |
| 7 | 5 | 9 | 6 | 3 | 4 | 8 | 2 | 1 |
| 8 | 6 | 4 | 5 | 1 | 2 | 7 | 3 | 9 |
| 6 | 4 | 1 | 2 | 7 | 8 | 9 | 5 | 3 |
| 3 | 9 | 5 | 1 | 4 | 6 | 2 | 8 | 7 |
| 2 | 7 | 8 | 3 | 9 | 5 | 4 | 1 | 6 |

## Send a KISS

**You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.**

*To her*
*"She cut the stars out of the sky, then she baked them in a pie. That's how I know. She stole the scene and the scenery. I fear this night will drown me. The laws of gravity are very, very strict and you're bending them for your own benefit. But that's how I know. Who's moved this room from around me? Where has it gone? But that's how I know." - B.B. Make a reference. D.G.A* **FROM FROM HER**

*Mom*
*You are the greatest person I know! You have always been there for me, in every way, and I appreciate it so much. I try every day to be there for you because you deserve it! Love you* **FROM E**

*Whoever wrote L&L*
*Who are you??? What is this? Strange to me, but maybe it shouldn't be.*
**FROM CURIOUS**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** Aim to be the very best at what you do this week, and before you know it your name will be up in lights.

**♉ Taurus April 21-May 21** If there is something (or someone) you truly desire it will be yours by the end of the day.

**♊ Gemini May 22-June 21** You'll achieve a lot with a minimum amount of effort.

**♋ Cancer June 22-July 22** You will be helped out by some people and let down by others today.

**♌ Leo July 23-Aug.23** If you need to ask a favor of someone now is the time to speak up.

**♍ Virgo Aug. 24- Sept. 22** Everything should be going well for you now and if it isn't then it can only be a matter of time.

**♎ Libra Sept. 23-Oct. 23** You are worrying about something that will most likely never happen, which is a complete waste of time.

**♏ Scorpio Oct. 24-Nov. 22** You will do as you please today and if certain people don't like it, well, that's just too bad.

**♐ Sagittarius Nov. 23-Dec. 21** You need to make a change to your careeryou cannot do.

**♑ Capricorn Dec. 22-Jan. 20** You are in such a positive frame of mind at the moment that you honestly believe there is nothing you cannot do.

**♒ Aquarius Jan. 21-Feb. 18** Don't act too quickly on what you think you see or hear today, because chances are your senses are deceiving you

**♓ Pisces Feb. 19-March 20.** Mars in your opposite sign brings partnership issues to the fore and there may be one or two harsh words spoken. **SALLY BROMPTON**

## Caption contest

NOUSHA SALIMI. FILE/ THE ASSOCIATED PRESS

ITSUO INOUYE/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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## General Help

**Full Time & Seasonal Positions Available!**
Now hiring for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **519-913-3140**

HARD KNOCKS 365

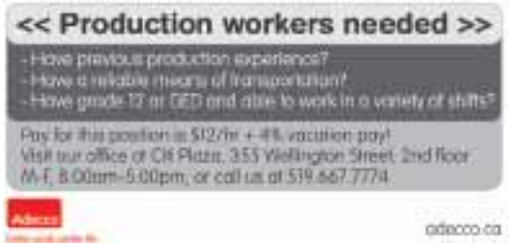
Seeks self-motivated, energetic sales reps
Part time work; full time money.
No experience required, apply to
**careers@hardknocks365.com**
**http://hardknocks365.com**
**226-663-2900**

Start with **Primerica** and build a new career in Financial Services.
PT/FT, will train.
**Jim Duddy 519-474-2484 Ext 174**

## Education

**CA$H PAID FOR SCRAP**
We'll take anything! Pay for certain items. BBQ's, vehicles, batteries, copper, appliances, brass etc. Free pick-up. **226-234-0493**

## General Help


<< Production workers needed >>
- Have previous production experience?
- Have a reliable means of transportation?
- Have grade 12 or GED and able to work in a variety of shifts?
Pay for this position is $12/hr + 4% vacation pay!
Visit our office at Citi Plaza, 355 Wellington Street, 2nd floor
M-F, 8:00am-5:00pm, or call us at 519.667.7774
adecco.ca

<< Forklift Drivers Needed >>
- Have at least one year Forklift Experience?
- Have a reliable means of transportation?
- Have grade 12 or GED and able to work in a variety of shifts?
Pay for this position is $12/hr + 4% vacation pay!
Visit our office at Citi Plaza, 355 Wellington Street, 2nd floor
M-F, 8:00am-5:00pm, or call us at 519.667.7774
adecco.ca

# AUTOMOTIVE

## Cars & Trucks for Sale

**2010 HUMMER H3 for Sale**
This pristine, black 4 speed Automatic with Chrome package HUMMER is a steal!
Female Driven, a low milage of 18,000 kms
Asking $34,500 - Call Ryan @519.851.0081

# RENTALS

## Apartments Unfurnished

**1 month free! - Dundas & Hale**
3 Story Walk-up
1bdrm $ 590 +hyd/ 2 bdrm $675 hyd mostly hardwood floors/controlled entry/close to park/bus route & amenities ! Available Immediately.
Call 519-672-8320

## General Help

# MERCHANDISE

## Merchandise for Sale

**AVON**
**Catalogs Available!**
**Call Dianne 519-471-8825**
**avlady@ody.ca**

Citrus juicer with adjustable pulp control Detachable transparent sreving jug, by Braun Brand new. $15.00
Please call ( 519 ) 681-5587

Men's traveling suit case with lots of compartments by Somesonite.
Used once only. $ 30.00.
Please call ( 519 ) 681-5587

## Apartments Unfurnished

# PETS

## Dogs

**Siberian Husky Pups CKC Reg.**
Training started/vaccinated/microchipped
Color and age choices. Gentle temperment
Call 519-294-0404

## Cats

Holly's Hope

Lots of lovely kittys ready to be adopted!
Please visit
**hollyshope.org**

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

## Apartments Unfurnished

## CAPREIT APARTMENT RENTALS

visit us at caprent.com for more info

CAPREIT

### 724-744 Fanshawe Pk Rd

1 & 2 bdrms starting from $650 • Close to 24 hr grocery store • Minutes to Masonville shopping district • Beautiful ravine settings • Backing onto Stoney Creek • Walking distance to schools • Bus to U of Western Ontario & Fanshawe College

**519 488 2431**
**ACT NOW & RECEIVE**
**A $500**
**MOVE IN BONUS**

### 75-85-95 Fiddlers Green Rd

Bach, 1 & 2 bdrms starting from $690 • Spacious suites • Across from shopping centre • Transit at your door • Close to schools, banks • 5 minutes to Cherry Hill Mall • Transit to U of Western Ontario

**519 488 2389**
**ACT NOW & RECEIVE**
**A MONTH FREE**

twitter.com/caprent facebook.com/caprent
rentals@capreit.net caprent.mobi

# SERVICES

## Psychics

**Psychic Readings** by Jessica -
Help in all problems!
Call for free reading 305-456-9714

# HEALTH & BEAUTY

## Massage/Therapists

**Become a Certified Practioner In:**
Reg. Reflexology, Aromatherapy Massage, Reiki, & Hot Stone. **(519)-694-4325**
**w.ocr.edu/teachers/kotsovos.htm**

**BEST MASSAGE!!**
255 Wellington Rd, 10 am - 9 pm, Mon-Sun
**519-568-5178**

# HOUSEHOLD SERVICES

## General Services

**Bow Home Comfort Systems**
**519-438-0366**
Government & OPA Rebates Available
**High Efficiency Furnaces** Installed from **$1695.00** (Inc 10 Yr Parts & Lab War)
"Saving Londoners' **MONEY** since 1988"

**FALL EAVESTROUGH CLEANING**
Lowest Rates/ Fully Insured
*226-688-6090*

**Jack of all Trades -**14 years Experience
Anything you need done - Free Estimates
Can do ANYTHING and EVERYTHING!
Call George at 519-521-8365

## General Services

**Do you suffer from knee pain?**

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product on symptoms associated with knee pain.
**Contact us now!**
**See if you qualify.**
*Participants will be compensated up to $300.00*
**Contact KGK SynergizeClinic:**
**519-858-8359**
clinic@kgksynergize.com
www.kgkclinic.com
KGK synergize

## Movers

**Make the easy move!** *Sprint Moving Service* Bonded, insured, 24/7 services, Rates start at $60/hour Free estimates
theeasymove.ca (519) 859-4770

## Trades

Woman hardwood & laminate installer
Over 7 years experience in London & area
Hardwood, Laminate, Trim, Repairs, etc.
Free estimates - **Kristina 519-670-4777**

# ANNOUNCEMENTS

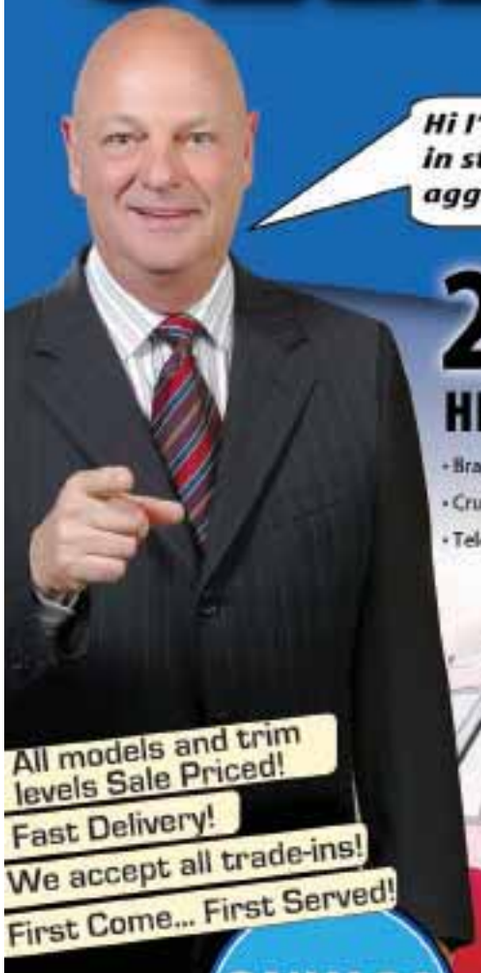
## Community Events

**NEW Secondhand Shop "My Closet"**
Located at 69 Wharncliffe Rd., North (Riverside Dr. and Wharncliffe Rd., N.)
Clothes for all occassions and every budget
Hours: Tues & Thurs 11 am - 3 pm
Wed & Fri 6pm - 8pm
Sat 10 am - 1:30 pm

KISS & TELL WITH METRO KISS
Tell your friends, family or that secret crush just how you feel with a Metro Kiss...
then share it with the world through Facebook and Twitter.
All kisses will appear online and a selection will appear in print too!
Visit **metronews.ca** daily to see who loves whom, or...who loves you!
metro

# FINCH HYUNDAI'S SANTA FE SELLDOWN

HYUNDAI BESTSELLING SALES EVENT



*Hi I'm Brian Finch with a great offer for you. We have over 30 Santa Fe's in stock and need to move them out. With 0.9% for 84 months and these aggressive prices, there has never been an better time to buy an SUV!*

## 2012 SANTA FE GL

### HERE'S WHAT YOU GET:

- Brand New
- 2.4L Engine
- 6 Speed Automatic Transmission
- ABS Brakes
- Air Conditioning
- Power Windows & Locks
- Cruise Control
- Front Bucket Seats
- Tilt Steering
- Dual Front Airbags
- Bluetooth
- 17 inch Alloy Wheels
- Alarm System
- Telescopic Steering Wheel
- AM-FM-CD-MP3-6 Speaker Stereo
- Remote Keyless Entry
- Power Heated Mirrors
- Steering Wheel Audio and Phone Controls
- Side Curtain Airbags ipod and USB Plug Ins
- 24 Hour Roadside Assistance
- 5 Yr 100,000 km Bumper to Bumper Warranty

All models and trim levels Sale Priced!

Fast Delivery!

We accept all trade-ins!

First Come... First Served!

**ONLY 30 REMAIN**

**NOW ONLY $179**

**BIWEEKLY WITH ZERO DOWN**
Tax included

HYUNDAI
Finch

**finch HYUNDAI**

300 SOUTHDALE ROAD
email:hyundai@seefinchfirst.com

**1-888-261-7471** www.seefinchfirst.com

Vehicle not exactly as illustrated. Brand new, 2012 0.9% over 84 months 182 payments of 179.99 c.o.b is $1001.89 esc. payment includes tax, vehicle, and security etch fee. Ins extra O.A.C. subject to prior sale and based on current programs.